BLUE Mountains*life*

INCLUDING THE CENTRAL WEST & THE HAWKESBURY-NEPEAN

Jun-Jul 2025

REAL FOOD
REAL RESULTS

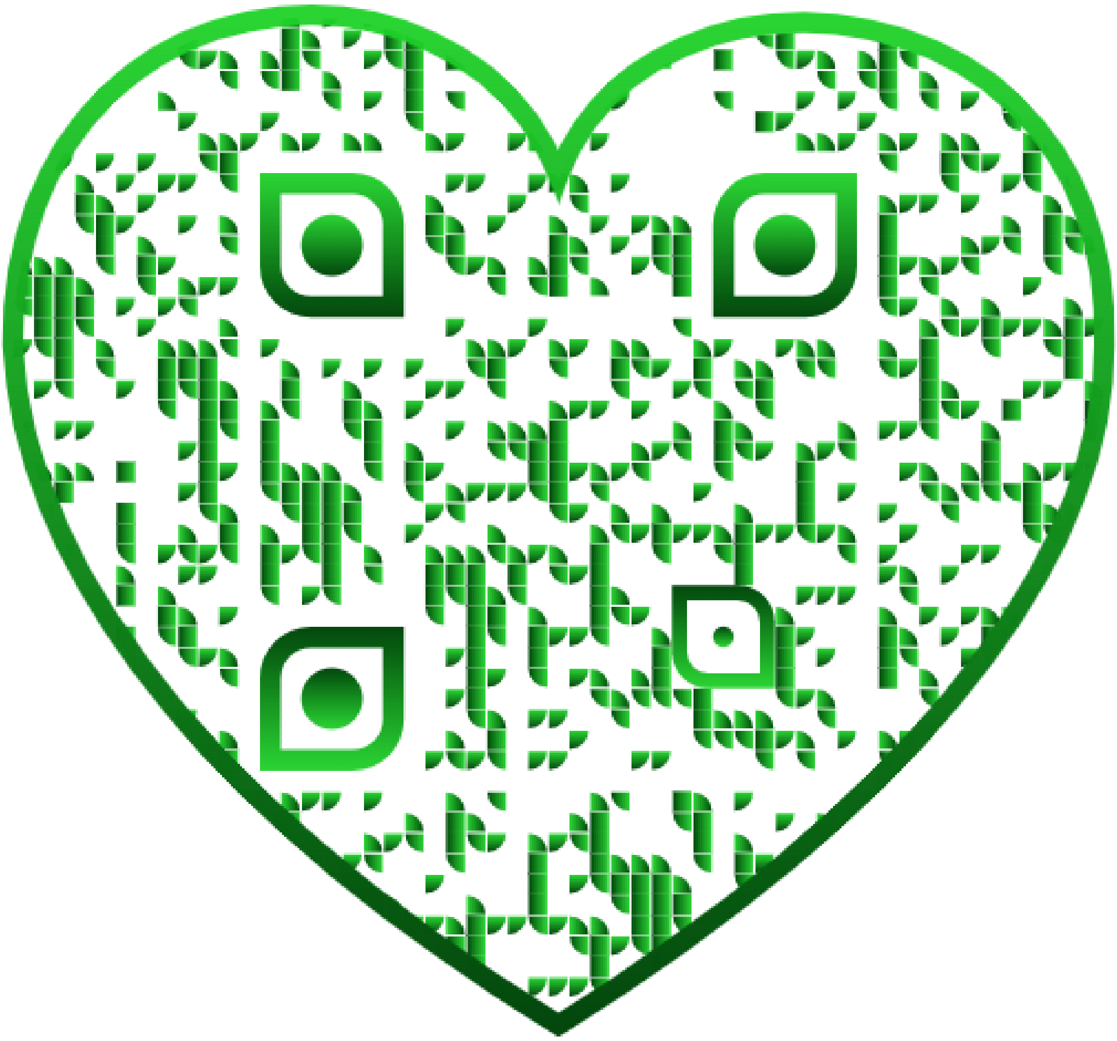
BRONWYN RODDEN
THE WEAVER OF BLACKHEATH

WINTER TRAVEL IDEAS

WINTER WARMTH

HOME IMPROVEMENT **TIPS**

$7.95 inc GST
PP255003 / 07116
9 771449 804009



DRIVE
CAR OF THE YEAR 2025

BEST SMALL SUV UNDER 50K

KONA
Hybrid

Driveaway from
$40,709*

BEST MEDIUM SUV UNDER 50K

TUCSON
Hybrid

Driveaway from
$46,990*

DRIVE CAR OF THE YEAR 2025

Sante Fe
Hybrid

Driveaway from
$62,300*

SANTA FE Hybrid

Sinclair Hyundai
York Road &, Batt St, Penrith NSW 2750
(02) 4760 0603
www.sinclairhyundai.com.au

HYUNDAI

---

*The Drive-away Price is an estimated price which includes the manufacturer's recommended list price (MLP) for the vehicle, 12 months registration, compulsory third party insurance (CTP) based on a private purchaser. Vehicle must be sold and delivered by 30/06/2025.

GREAT HOSPITALITY ISN'T JUST WHAT WE DO, IT'S WHO WE ARE.
FROM THE MOMENT YOU ARRIVE, WE'RE HERE TO MAKE YOU FEEL RIGHT AT HOME.

2773

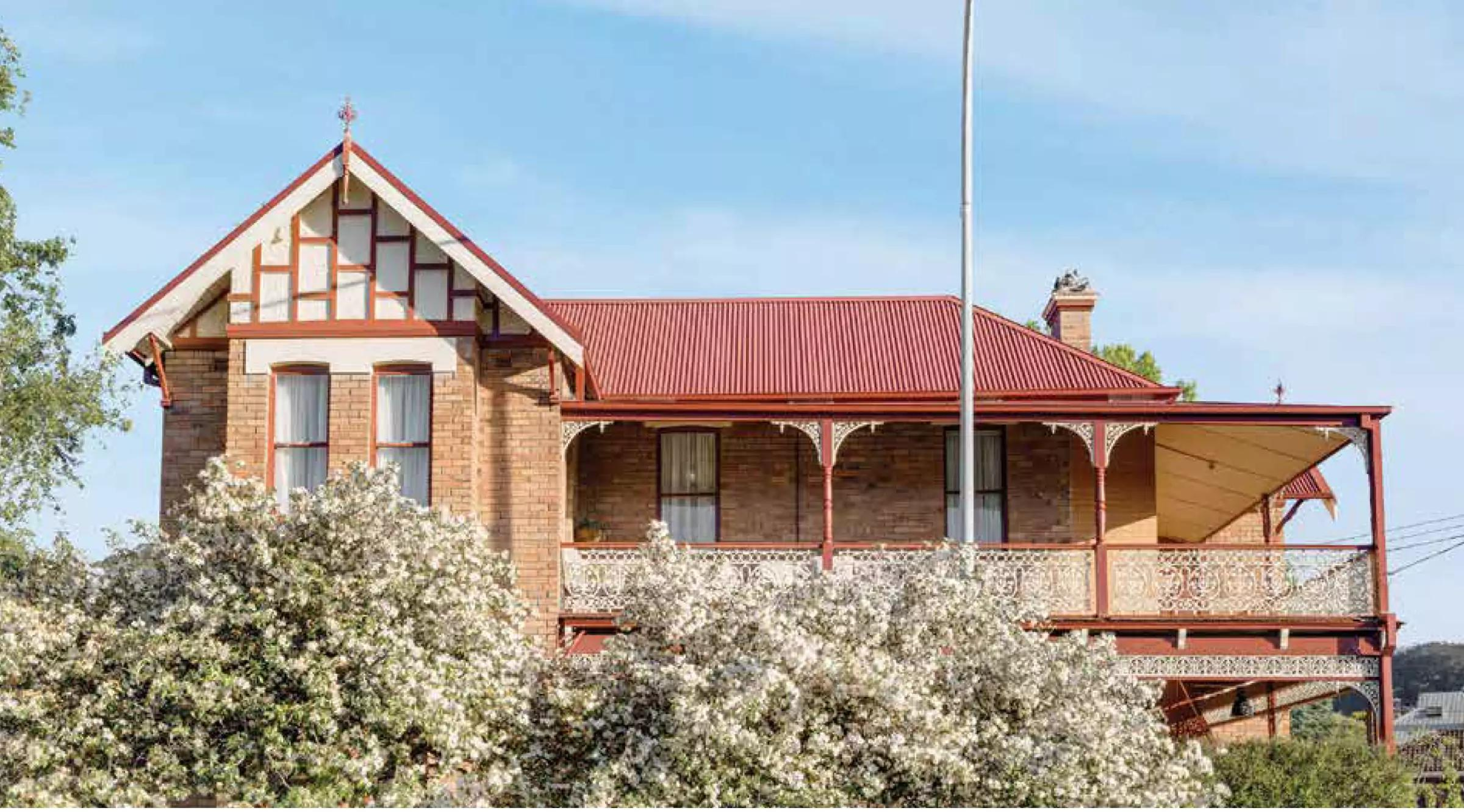
Laughin' Boy
CAFE
RESTAURANT

CONSERVATION
HUT
WENTWORTH FALLS

YOUR
FAVOURITE
RESTAURANTS & CAFES

EMU PLAINS
GLENBOOK
WENTWORTH FALLS

2773GLENBROOK.COM.AU
LAUGHINBOY.AU
CONSERVATIONHUTCAFE.AU



For Sale

6 2 2 569m^2

227 Mort Street, Lithgow

A RARE PIECE OF AUSTRALIAN HISTORY – A GRAND RESIDENCE WITH ENDLESS POSSIBILITIES

Step into a masterpiece of history with this remarkable 1908 residence, a home that not only tells a story but holds a unique connection to Saint Mary MacKillop, one of Australia's most revered figures. With her signature gracing the original deed, this home offers an unparalleled opportunity to own a living piece of the past—an experience few properties can provide.

Meticulously restored, the grandeur of this two-storey heritage residence is evident in every detail—from pressed-metal ceilings and ornate fireplaces to the sweeping grand staircase and wrap-around iron lace verandah. Yet, alongside its historical charm, the home boasts modern luxuries, including ducted air conditioning, updated wiring and plumbing, and an intelligent

Please contact our office to arrange an inspection on 02 63522442.

For Sale: Contact Agent

Kristie Trouchet-Nilsson
0400203383
02 63522442
kristie.tn@hartleyrealty.com.au

Johan Nilsson
0433 116 755
02 6352 2442
johan.n@hartleyrealty.com.au

REALTORS & LIFESTYLE
PROPERTY SPECIALISTS

www.hartleyrealty.com.au
enquiries@hartleyrealty.com.au

02 6352 2442

43 STAPYLTON STREET, WINMALEE NSW 2777

7 Bed 4 Bath 2 Car

ARCHITECTURALLY DESIGNED - OFFERING A QUALITY & CONTEMPORARY LIFESTYLE!

KEY FEATURES:
BLOCK SIZE: 915m2 (approx)
BEDROOMS: 7
BATHROOMS: 4 (including an ensuite to the main)
GARAGING: 2

OTHER FEATURES:
Repurposed building materials such as bricks & railway sleepers, barn style doors & striking feature walls.

Large kitchen with exceptional island bench & the double glazed windows & insulated walls reducing significant energy costs.

There is also a wine cellar, home gym, ducted air conditioning in the main residence, the lower ground level is ideal for multigenerational families, working from home, or generating Airbnb income, complete with its own split-system air conditioning.

Both combustion & ecosmart fireplaces, gas hot water, 2-car garage with a large workshop area.

Step outside to established landscaped gardens, a brand-new heated in-ground concrete pool framed by travertine tiles & glass fencing, a custom-built pergola, fire pit zone & a customised eco rainwater tank—all designed to deliver a premium, sustainable lifestyle.

AGENT Paul Merrick
PHONE 0404 599 146
EMAIL paul@merrickpropertygroup.com.au

merrickproperty GROUP

PIKOLINOS
get comfy & smile

ECCO • ARA • MERRELL • REMONTE
JOSEF SEIBEL • HUMPHREY LAW • RIEKER • SEMLER
WALDLAUFER • PIERRE CARDIN • ARCOPEDICO
PIKOLINOS • CELLINI • KLOUDS • SIOUX

Blackheath
Family Shoe Store
Since 1919

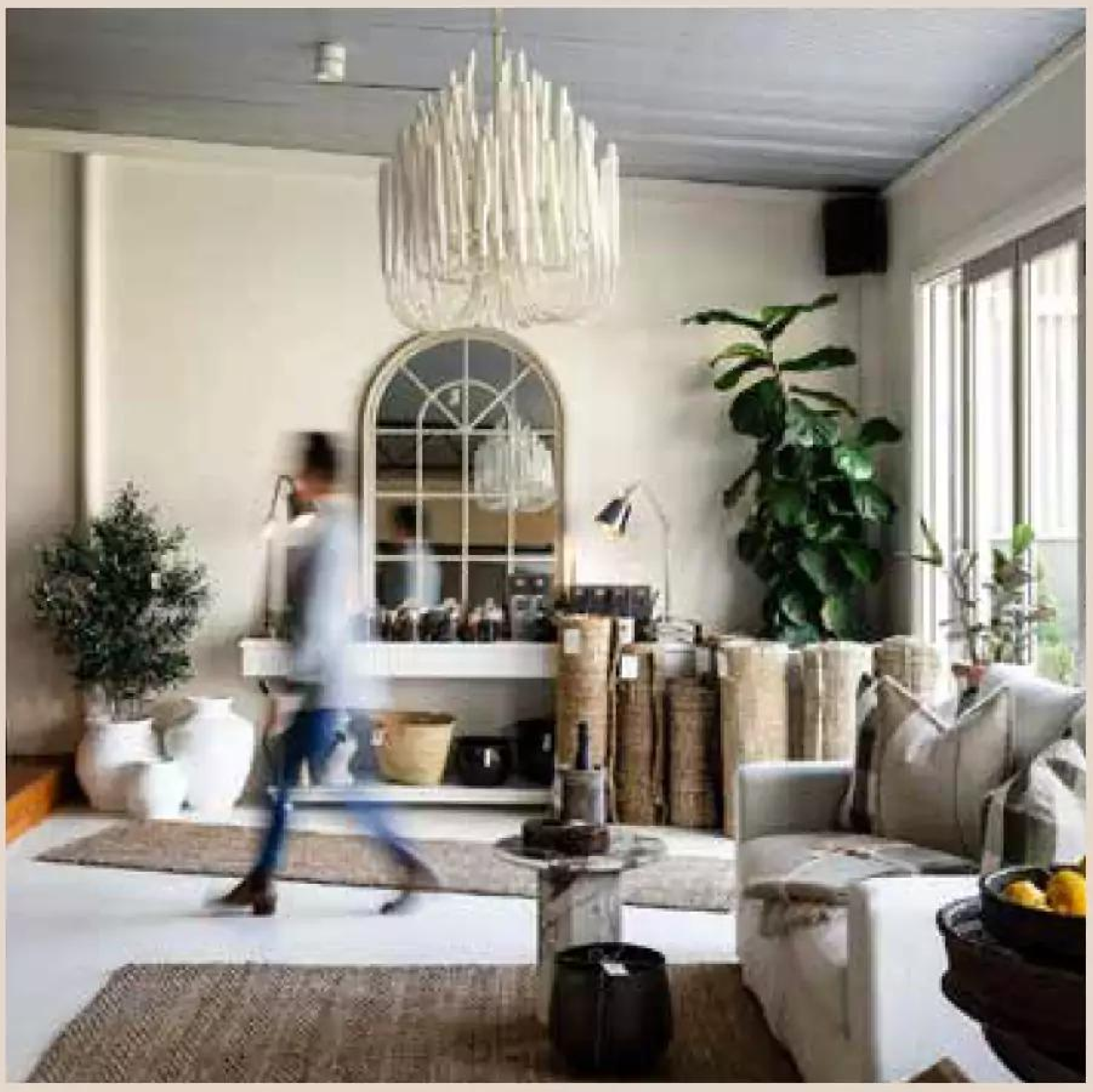
Blackheath Family Shoe Store specialises in shoes for all seasons and reasons, for style, or service and for the love of shoes.

OPEN SEVEN DAYS
4 Govetts Leap Rd, Blackheath (02) 4787 8263
www.blackheathshoes.com.au

LARDER & HOME

evercoffee | the Outfitter | THE INTERIOR COLLECTIVE

INTERIOR COLLECTIVE
ORDER HERE



COUNTRY ROAD

Grab coffee and breakfast from 6am for your morning commute, shop new season women's and children's fashion or pick-up that next beautiful piece for your home. Discover it all at Larder and Home.

4602 Mitchell Highway, Lucknow | Open 7 Days | 02 6325 5258 | larderhome.au

Cutcliffe
Acreage & Lifestyle

Federation Charm and Modern Luxury a Semi-Rural Haven

22 Rickards Road, Agnes Banks 4,047 sqm 4 🛏 3 🛁 4 🚗

A home that effortlessly blends country grandeur, modern comfort, and resort-style living, this architecturally designed Federation-style residence is a masterclass in charm and functionality, set on 4047sqm.

Wraparound verandahs, stained glass windows, and bay windows set the tone for a home brimming with character, while high ceilings, ornate detailing, and timber floors create a warm and inviting atmosphere inside.

The four-bedroom, three-bathroom layout caters for modern family life, with a gourmet kitchen featuring Smeg appliances, gas cooking, and a walk-in pantry. Ducted air, gas heating, and an 18kW solar system ensure year-round comfort and efficiency.

The true centrepiece, however, is the rear billiards room, a showstopping space with vaulted timber-lined ceilings, a bar, and a loft, flowing seamlessly to the outdoor pool, gazebo, and lush gardens via bi-fold doors.

A side driveway leads to a huge 24m x 9m shed with a concrete hardstand, while the vegetable garden and chicken coop complete the rural lifestyle appeal.

Secure and private with electric gates, this semi-rural retreat is perfectly positioned between Richmond and Penrith, offering the perfect balance of space, solitude, and convenience for those craving a country escape without compromise.

Features: - Modern built Federation-style home with wraparound verandahs and bay windows set on 4047sqm - Four bedrooms, all with built-ins; master with walk-in robe and ensuite, plus study - Gourmet kitchen with Smeg appliances, gas cooking, and walk-in pantry - Billiards room with vaulted ceilings, bar, loft, and bi-fold doors - Outdoor pool, gazebo, and lush gardens - 18kW solar system, ducted air, ducted vacuum system, and gas heating - Large 24m x 9m shed with concrete hardstand and side driveway - Vegetable garden and chicken coop for rural lifestyle appeal - Secure electric gates, paved circular driveway, and private setting - Ideally located between Richmond and Penrith

Contact your friendly Cutcliffe agent today for more information or to arrange an inspection.

Lisa Harris 0438 018 508
Paul Cutcliffe 0414 878 858

cutcliffe.com.au

BLUE Mountainslife
June - July 2025

People

22 BRONWYN RODDEN
A Tale Woven with Love, Mystery, and Creativity.

24 SMILE
Ask a ‘Dentist Near Me’ for the Child Dental Benefit Schedule.

Food

52 THE 20KG CHALLENGE
Science-backed advice, inspiring real life stories and 100 tried-and-tested recipes from around the world.

House & Garden

26 LUXURY HOME
A Masterpiece of Architectural Innovation where Elegance Meets Sustainable Living.

32 RARE JEWEL
Blue Mountains Life has discovered a Historic Masterpiece in Lithgow.

38 HERITAGE HOME
Federation Elegance Meets Modern Luxury in Agnes Banks.

Features

49 HOME IMPROVEMENT
Be inspired and transform your house into a beautiful home.

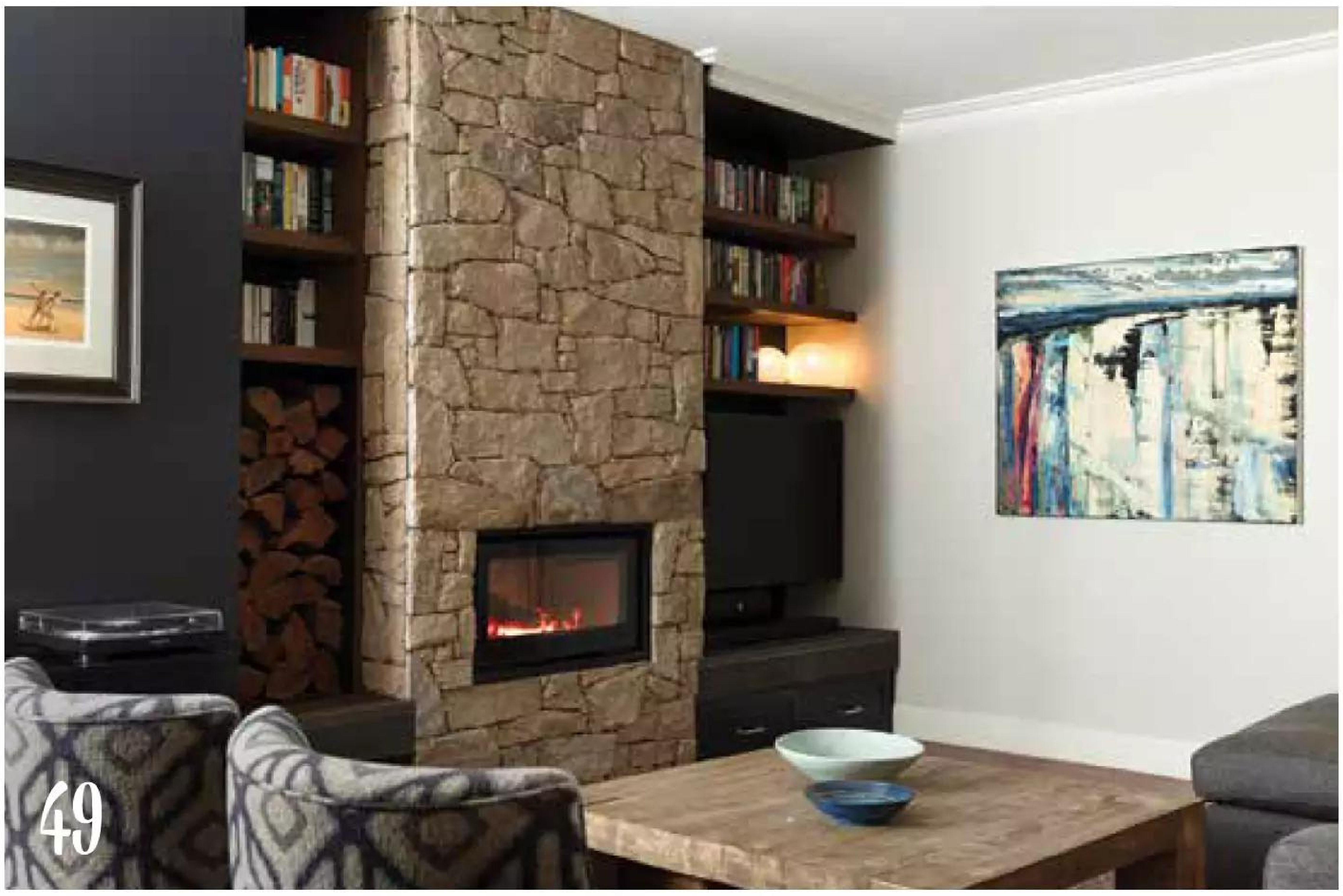
75 SHOP LOCAL
Keep your money where you live and support the local economy.

Regular Reading

12 EVENTS
14 NEWS
18 EARTH CARE
20 LOCAL ARTS

Mountain Plus

84 BEAUTY
88 HEALTH
89 RELATIONSHIPS
90 FITNESS
91 PET CARE
92 TRAVEL
97 INTERIOR
99 TECHNOLOGY
100 MOTORING
104 THEATRE
105 MOVIES
106 BOOKS
108 CROSSWORD



49

20

68

62

61

BLUE Mountainslife
INCLUDING THE CENTRAL WEST & THE HAWKESBURY-NEPEAN
REAL FOOD REAL RESULTS
BRONWYN RODDEN THE WEAVER OF BLACKHEATH
WINTER TRAVEL IDEAS
WINTER WARMTH
HOME IMPROVEMENT TIPS

COVER
Curl up with our winter issue — full of warmth, comfort and inspiration for the season.

Brigitte Grant Photography

Chris Wolf

HAIR DESIGN & FINE ART

Nestled in the charming town of Katoomba, Chris Wolf Hair Studio stands as a testament to artistry, innovation, and exceptional service.

Located on Hapenny Lane, Chris Wolf Hair Studio is more than just a salon; it's an aesthetic haven.

Chris Wolf's team of skilled and experienced stylists are like magicians wielding their scissors. They don't just cut hair; they sculpt it.

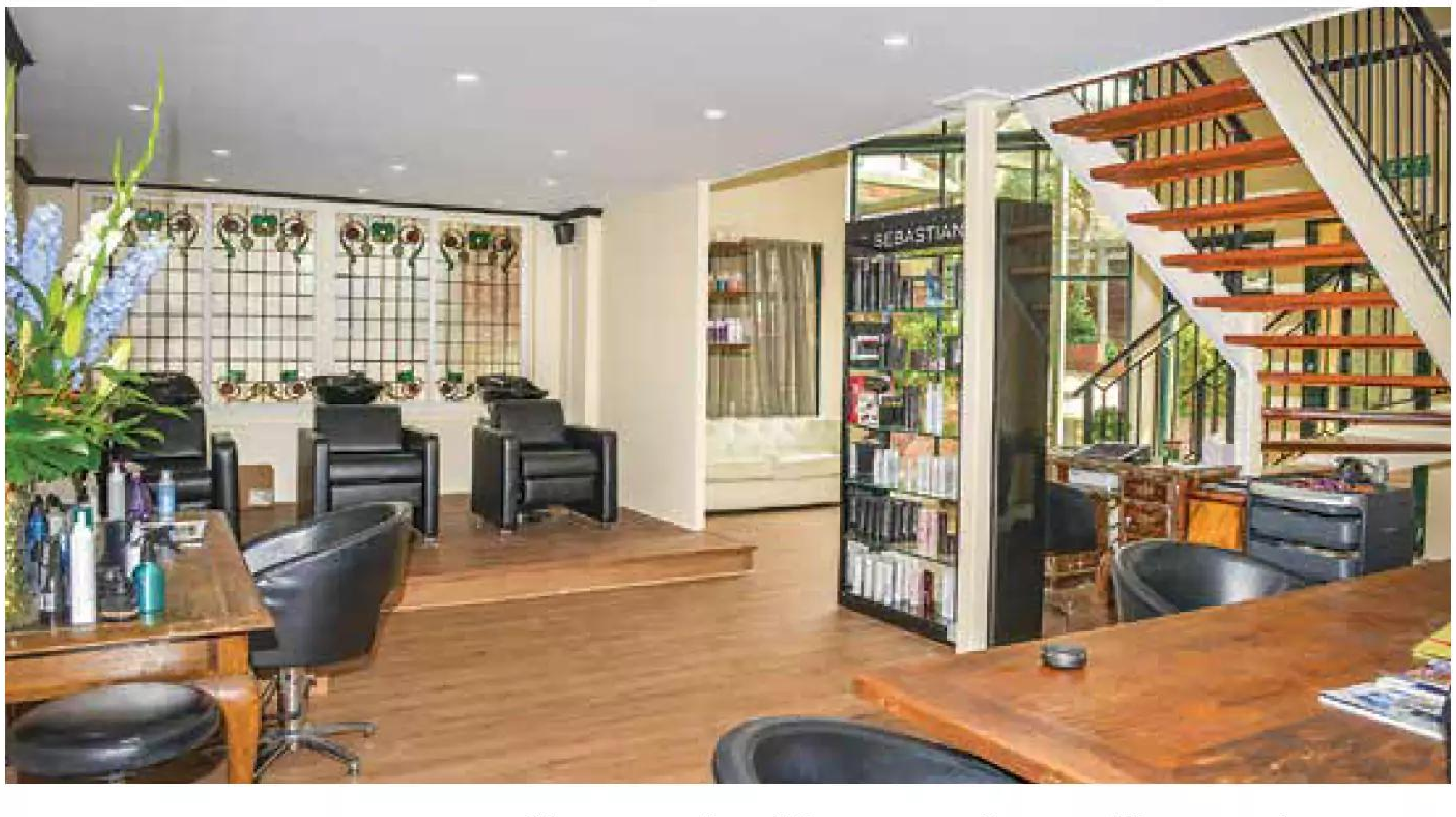
Whether you're seeking a classic trim or a bold transformation, their expertise shines through. And guess what? They're always up-to-date with the latest trends, ensuring you leave with a hairstyle that turns heads.

Chris Wolf himself can offer exclusive one-on-one attention to lucky clients. Yes, you read that right! Imagine having a renowned artist work on your hair, tailoring every snip to perfection. It's like a private concert where your hair takes centre stage.

His team continue to use both the Sebastian products and the Organic Colour System. This range is developed to provide a less chemical, less toxic and more naturally based professional colour, styling and care range.

The latest addition to the Chris Wolf team is Rheannon Whiteman. "I grew up in the mountains and still love working in that environment, there's something special about the connection between nature and creativity. Hairdressing has been a passion of mine since a young age, and I've always known it's what I'm meant to do. I thrive on connecting with clients through genuine conversation and helping them express themselves through their hair. I've always been inspired by the way a transformation can completely change someone's look and more importantly, their confidence. I'm always up for a challenge and love pushing myself creatively."

STUNNING STYLISH STUDIO



Rheannon Whiteman

Shop 11/12 Hapenny Lane, Katoomba 4782 3000

✉ hair@chriswolf.com.au 🌐 www.chriswolf.com.au

Gordon Falls Reserve in Leura has been a cherished local gem for generations, offering breathtaking views, serene walking tracks, and an escape into the beauty of the Blue Mountains. After undergoing extensive upgrades aimed at improving accessibility and infrastructure, it is now officially open once more, an occasion worth celebrating.

For many, this rejuvenation represents more than just fresh landscaping and updated pathways. The improvements are nothing short of impressive: new pathways, an amenities building with accessible cubicles, upgraded parking (including designated mini-bus bays), picnic facilities, shelter signage, drinking fountains, and even dedicated power for mobile food and beverage suppliers. These upgrades make Gordon Falls Reserve not only more accommodating to visitors, but also a crucial waypoint on the Grand Cliff Top Walk, the stunning two-day trek through the escarpment.

But beyond the tangible enhancements, this project speaks to something even greater — a recognition that our shared natural spaces are invaluable, not just for tourism but for mental and physical well-being.

As walkers set off once again along the newly improved Prince Henry Cliff Walk, or pause to soak in the stunning scenery from the upgraded seating area, they do so with the knowledge that Gordon Falls Reserve has not simply been restored — it has been renewed with a vision for the future. This is a win for accessibility, a win for conservation, and most importantly, a win for the community.

With the completion of this project, Gordon Falls Reserve reclaims its place as one of the Blue Mountains' most cherished outdoor spaces. And in a world that so often feels chaotic, the ability to step into nature — now easier than ever — is a gift worth celebrating.

Vanessa

Vanessa Mace
Editor in Chief

BLUE Mountainslife

PUBLISHER
Andrew Papadatos
andrew@bluemountainslife.com.au
Ph: (02) 9052 4937 Mob: 0413 051 652

EDITOR IN CHIEF
Vanessa Mace
vanessa@bluemountainslife.com.au

EDITORIAL CONSULTANTS
Diana Smith, Greg Bloom
editorial@bluemountainslife.com.au

GRAPHIC DESIGN
Luba Bosch

CONTRIBUTORS
Ronald Bowden, Robyn Bloom, Julie Trute,
Rebecca Jones, Sam Wright

ADVERTISING ENQUIRIES
Head Office
Ph: (02) 9052 4937

ADVERTISING
Blue Mountains, Hawkesbury, Bathurst, Lithgow, Orange, Penrith/Nepean
Darlene Annaleah
bm@bluemountainslife.com.au
Ph: (02) 9052 4937 Mob: 0400 767 284

PUBLISHER
Vintage Press Pty Ltd
Postal Address: PO Box 250, Lithgow, NSW 2790

EDITORIAL & ADVERTISING ENQUIRIES
Ph: (02) 9052 4937
email: editorial@bluemountainslife.com.au
Recommended retail price $7.95
Please contact publisher for airmail and overseas rates

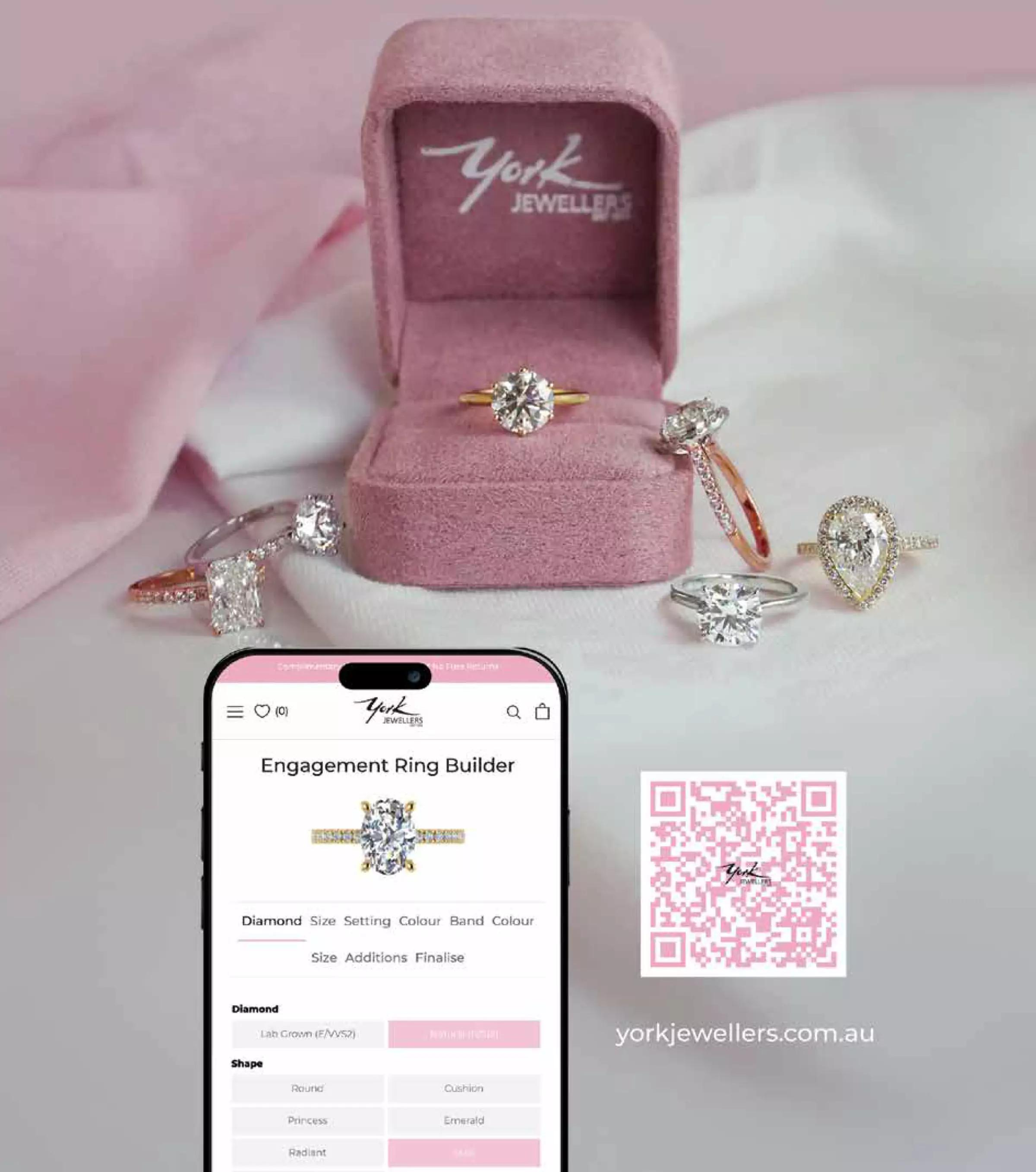
All Blue Mountains Life material is copyright to Vintage Press Pty Ltd. Reproduction in whole or in part is not permitted without permission of the publisher. The information and figures contained in this magazine have been provided to the publisher by the advertisers and their sources. No warranty is given by Blue Mountains Life magazine as to the accuracy of these figures and information as they are subject to change without notice. Potential buyers are urged to rely on their own enquiries.
* Blue Mountains Life does not take responsibility for its inserts. When buying the magazine the buyer should check first to see if the insert is included.

Blue Mountains Life magazine is published by Vintage Press Pty Limited.
ABN 99 109 024 115
ISSN 1449-8049
Print Post Approved PP255003/07116

DARLENE ANNALEAH

Account Manager

With a background in print, Darlene has been successful in helping businesses grow and promote their products for many years. She is passionate about understanding how your business works and how best to target the wide audience the region's No.1 magazine has to offer.

York JEWELLERS

BUILD YOUR OWN ENGAGEMENT RING

Engagement Ring Builder

Diamond Size Setting Colour Band Colour Size Additions Finalise

Diamond

Lab Grown (E/VVS2)

Shape

Round

Cushion

Princess

Emerald

Radiant

yorkjewellers.com.au

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 **WORLD ENVIRONMENT DAY**	6 **Sydney Tiny Homes Expo 2025** 6-8 June Hawkesbury Showground Clarendon	7
8 **WORLD OCEANS DAY**	9 **KING'S BIRTHDAY**	10	11	12	13 **Antique, Jewellery and Collectables Fair Gala Evening** Orange Function Centre Eyles Street, Orange	14
15 Ros Auld, *Traverse* (series of 5 vessels), 2025 stoneware and glaze. On display at Orange Regional Gallery from June 21- August 24.			18	19 **Life Drawing @ The Victoria Bathurst** 3 Keppel St, Bathurst	20	21 **Newbridge Winter Solstice Festival** Trunkey Street, Newbridge **← Ros Auld INSIGHT: Figure and Landscape, exhibition** 21 Jun - 24 Aug 2025 Orange Region Gallery **Winter Solstice Ball** The Carrington Hotel
22	23	24	25	26	27	28
29 **Windsor Mall Sunday Markets** George St, Windsor	30					

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 **← Winterfest Sydney Medieval Fair** 5-6 July Hawkesbury Showground Photo supplied by Winterfest Sydney Medieval Fair
6	7			10 **Teddy Bears Picnic** Abercrombie House Bathurst 10am to 4pm Adults $5 entry fee, Children under 10 (& teddys) free entry	11	12
13	14 **Cabonne Acquisitive Art Prize Exhibition,** 14-25 July Cabonne Community Centre, Bank Street, Molong	15	16			
20 **Godolphin Family Funday Raceday** Hawkesbury Race Club Clarendon	21	22	23	24 **NSW Hockey Master's Women's Champ** 24-27 July Bathurst Hockey Complex, Lions Club Drive Kelso	25 **↓ Greater Sydney Caravan, Camping and Leisure Roadshow** 25-27 July, Hawkesbury Showground **Christmas in July at Crowne Plaza Hawkesbury Valley** 25-26 July	26
27	28	29	30	31		

NEWS

A REGIONAL ROUND-UP OF HEADLINE MAKERS

BLUE MOUNTAINS

LOMATIA PARK

Better accessibility, improved sustainability and a versatile design to support a range activities are all part of the Lomatia Park clubhouse upgrade, which has now begun the next phase of construction.

The upgrade will replace the existing aged and outdated clubhouse with a new, improved building and facilities including accessible change rooms, a first aid room, kitchen and kiosk.

The upgrade also includes landscaping, new pathways to improve accessibility, installation of a solar power system and a new maintenance shed.

The cricket nets will be relocated, providing a more efficient layout, capable of accommodating multiple activities.

Council has worked closely with key user groups over the past few months to create temporary storage facilities, relocate equipment and manage any disruptions to use.

MASTER PLAN

Blue Mountains City Council is inviting the community to share their feedback on the Draft Springwood Cemetery master plan.

The master plan is a crucial step in ensuring that the cemetery can meet the needs of the community now and into the future while preserving its natural beauty and historical value.

Blue Mountains Mayor Mark Greenhill said: “The Springwood Cemetery is an integral part of our local community, providing a respectful space for families and offering vital services.

“As we plan for its future, it is essential that we engage with the community to ensure that their needs are understood and incorporated into the master plan.

“This consultation will allow residents to have their say on important matters such as burial options, accessibility improvements, and the preservation of the cemetery’s heritage.”

MEGALONG ROAD

Two lanes are now open to traffic along Megalong Road, following complex works to repair the damage caused by a major landslip in April last year.

Despite the impact of wet weather and the complexity of the project, reopening the two lanes occurred earlier than expected.

Blue Mountains Mayor Mark Greenhill said: “Restoring both lanes of Megalong Road has been one of the major milestones that Council

Deputy Mayor Cr Hollywood and library metacats.

PET FRIENDLY

Blue Mountains Library launches therapeutic robot cats at National Simultaneous Storytime

The Blue Mountains Library will unveil its new robotic cats at this year’s National Simultaneous Storytime (NSS).

MetaCats are life-like cats that not only look adorable; they’re designed to reduce stress and anxiety. With soft realistic fur, animated LED eyes, a simulated heartbeat, and response to voice commands, they provide emotional comfort and promote calm and joy. They’re aimed at anyone but are particularly popular with children, those suffering from anxiety and dementia patients.

The Blue Mountains Library has purchased two of these cats for its upper and lower Blue Mountains branches and will introduce them during NSS events in May. NSS is a popular event held annually by the Australian Library and Information Association (ALIA).

Mayor Mark Greenhill, Councillor Nyree Fisher and Councillor Margaret Buckham review the designs for Blaxland’s Station Street Mall

NEW PEDESTRIAN MALL

Plans are underway for the much-anticipated revitalisation of Blaxland town centre, with the release of the draft designs for the new Station Street Mall.

The grant-funded project is listed as a key action in the Blaxland Masterplan and will deliver a reconfiguration of the existing pedestrian thoroughfare to create a new central town square for Blaxland.

The designs have been developed with input from the community, who were asked to share insights and ideas for enhancing the vibrancy and attractiveness of the mall area late last year.

Blue Mountains Mayor Mark Greenhill said: “The Blaxland Masterplan guides renewal of the town centre and identifies the steps that must be undertaken to achieve the community’s vision, and the delivery of a new Station Street Mall is a critical part of this work.

“The designs reflect the community’s vision for an accessible and vibrant, green social space in the heart of Blaxland town centre.”

staff have been working towards since boots hit the ground immediately following the landslip, in early April last year.

"The landslip forced the immediate closure of Megalong Road but within the week, Council provided a safe pedestrian access option, and within a fortnight, one-lane vehicle traffic was reinstated, after round-the-clock repair works.

"The Megalong Valley is a special place which is a key tourism destination in the Blue Mountains. The priority has always been getting access back into the Valley, for the sake of the local economy, along with supporting our community."

A natural disaster was declared in the Blue Mountains and Lithgow LGAs after an extremely wet weather event in April, which saw more than 200mm of rainfall across the Blue Mountains and Greater Sydney, and caused the Megalong Road landslip.

After the landslip occurred, Council staff

LITHGOW

ONE WAY

Due to the vandalism and ongoing theft of components from the traffic control lights on Browns Gap Road, Lithgow Council has made the decision to change the road conditions of the Gap. The Gap is currently open as a single lane in both directions controlled by timed traffic lights.

The Council will remove the traffic control lights and change the traffic conditions of Browns Gap to a one-way road from Hartley Vale into Lithgow. This means there will be no waiting for vehicles heading from Hartley to Lithgow. Vehicles heading in the opposite direction, from Lithgow to Hartley, will now be required to use the Great Western Highway.

WESTERN SYDNEY UNIVERSITY

Lithgow City Council is very disappointed in the decision of Western Sydney University to cease delivering services at the Charles Hoskins Memorial Institute Building, often referred to as 'The Hub'.

The University has advised Council that it will be vacating the facility by 30 June 2025. Management of the Charles Hoskins Memorial Institute Building will transition to the Council.

WSU has also recently announced the closure of other facilities in Western Sydney including their Nirimba campus in Blacktown. Council understands that WSU has made the decision on 'The Hub' based on the ongoing cost of operating the facility, following the completion of the university's Black Summer Bushfire Grant projects.

Although WSU will not have a permanent presence in Lithgow, the university has undertaken to continue academic research and engagement in Lithgow, with further discussions to be undertaken as to how this will occur. The university is committed to assisting Lithgow

HAWKESBURY

Hawkesbury Council supporting local events for 2025.

COUNCIL SUPPORT

Fifteen events will receive sponsorship from Hawkesbury City Council in its latest Event Sponsorship Program funding round.

The funding will go to a range of events, from music and craft to endurance horse rides, a gathering of car enthusiasts to woodworking, boat races to Anzac Day and Christmas carols.

Hawkesbury Mayor, Les Sheather, said "Hawkesbury City Council is committed to supporting events throughout our area that contribute to the vibrancy and success of our extraordinary community. The sponsorship program aims to help create events that are safe, engaging and well-managed, benefiting participants and the wider Hawkesbury region."

"We encourage you, our community to get out and take part in these exciting events which will be held at various times throughout the year," he said.

Hawkesbury Mayor Les Sheather with students during the mock Council meeting at the School Leadership Program.

ASPIRING LEADERS

Almost 100 Year 5 and 6 students from local primary schools were welcomed to Hawkesbury City Council to bolster their local government studies.

The half-day School Leadership Program at the Council's offices in Windsor aims to enhance the student's knowledge of democracy and encourages an interest in community leadership.

Students met Hawkesbury City Council Mayor Les Sheather, Deputy Mayor Sarah McMahon, Clr Eddie Dogramaci and Clr Peter Ryan. They were introduced to the different levels of government, and the responsibilities of local government, versus the State and Commonwealth governments.

Students learned about the Hawkesbury Local Government Area, testing their knowledge of our natural environment, our towns, our infrastructure, and community and Council facilities.

The students were given a range of activities to do and took part in a mock Council meeting to determine whether the Council should approve a local facility.

The School Leadership Program has been running since 2022 and has seen 660 Hawkesbury students learn more about the Council.

›

BATHURST

A time to learn at the Bathurst Heritage Trades.

HERITAGE TRADES

The Bathurst Heritage Trades Trail once again proved its enduring popularity; 3,500 attendees to the Bathurst Showground over the April weekend.

Part of the Bathurst Region's Autumn Colours Heritage Festival, the award-winning event showcased over 100 traditional artisans, with skilled craftspeople from across the country demonstrating time-honoured trades such as blacksmithing, dry-stone walling, coopering, and furniture making, alongside delicate lace making, embroidery, and traditional Aboriginal tools and weaponry.

Bathurst Mayor Cr Robert Taylor praised the event's continued success, describing it as a celebration of the region's cultural heritage and a fantastic drawcard for locals and visitors alike.

"This event continues to grow year on year, and it's easy to see why.

"It's hands-on, it's fascinating, and it connects people with the roots of heritage craftsmanship and culture," Mayor Taylor said.

The family-friendly event also featured local live music, heritage-themed games for kids, catering from local organisations and businesses including the O'Connell Public School, Country Women's Association, and a lively marketplace of artisan goods. Attendees took full advantage of the affordable pricing, with free entry for accompanied school-aged children.

HAWKESBURY CONT'D

LITTER PREVENTION

Hawkesbury City Council's new Litter Prevention Plan has received a significant boost with a $400,000 grant from the NSW Environment Protection Authority, awarded through its litter prevention program under the state's Waste and Sustainable Materials Strategy.

The newly adopted plan's vision is 'Empowering Council, community, businesses, and visitors, to take informed, efficient actions towards a litter-free future'. It sets targets to reduce total litter and cigarette butt litter by 20 per cent by 2029 and to reduce the proportion of people in the community who litter to under 40 per cent.

Mayor Les Sheather said the plan and funding would be a game-changer for the community. "We all want clean parks, rivers and neighbourhoods," Mayor Sheather said.

"This Litter Prevention Plan, backed by the $400,000 EPA grant, means we can put more bins in parks, run education programs, and get everyone – residents, businesses and visitors – involved in reducing litter.

ON SHOW

The winning car from this year's Bathurst 6 Hour has come straight from the pits at Mount Panorama to the National Motor Racing Museum and is on display in its race winning condition.

Bathurst Mayor Councillor Robert Taylor said being able to have the car at the Museum so soon after the race victory will keep the excitement of the win in front of race fans.

"The car, driven by local Dean Campbell and Cameron Crick set a new race record, coming from 66th on the grid to claim victory. In the first lap the BMW gained more than 30 places. It was an exciting race to watch unfold and a victory from against the odds by the team."

"The car will be on display until late October and it is an example of the constantly changing display at the museum, giving motor racing fans a unique insight to our motorsport history," Cr Taylor said.

Winning 6 Hour driver, and Bathurst local, Dean Campbell said the victory at Mount Panorama is still sinking in.

Mayor Cr Robert Taylor and Dean Campbell with the 2025 Bathurst 6 Hour race winning car.

"It's still hard to believe, and I can't believe the car is now here at the Museum," he said.

Dean will be racing in the GT4 series at the end of May and for the remainder of this year and he knows exactly where he will be next Easter.

"We will be back at the Bathurst 6 Hour next year," he said.

TREE PLANTING DAY

A community tree planting day will take place on August 25. along a tributary of Raglan Creek.

Commencing at 10am in Bonnor Street Drainage Reserve, just off Murdoch Place, the event welcomes adults and kids alike to participate in planting native trees, shrubs, and grasses. The plantings will not only provide important habitat for local wildlife including native birds but also improve the health and function of this important urban waterway.

After the planting activities, the Bathurst Regional Council will host a free barbecue lunch for all participants.

Parking is available in Murdoch Place, Kelso. Four-wheel drive (4WD) vehicle access to the planting site is only permissible for volunteers with a disability.

ORANGE

SPORTS PRECINCT STADIUM

The grandstand at the John Davis Stadium at Orange's new Sports precinct will be among the biggest in the central west, following extra funding added to the project by the Australian Government.

The Development Application for the Sports Precinct shows a grandstand with 1350 seats, plus two corporate boxes with uninterrupted halfway line viewing that can accommodate up to 20 people each. The design also allows for temporary corporate areas for premier events.

Updated plans for the stadium and a new amenities block for the athletic track were among the new plans lodged this week. It is expected the stadium project will go out to tender in the coming months, as the planning approval process progresses.

Orange Mayor Tony Mileto is pleased to see blueprints for a larger grandstand.

"While planning had earlier been proceeding for a 1000-seat stadium, the decision in January by the Australian Government to contribute $15 million meant we could look closely at designs and costings for more seats, and we're confident a 1350-seat stadium can be delivered," Cr Tony Mileto said.

"While the new stadium will mostly host Orange region fixtures, it is designed to ensure it can cater for marquee games and events."

VELODROME

One of Orange's best loved recreational spaces, the Moulder Park velodrome, will receive a new lease of life following its transfer of ownership from the Orange City Council to the Orange Local Aboriginal Land Council (OLALC).

Access for the broader community will be maintained following the transfer and the site will co be co-managed by the City Council and Land Council.

The site including the velodrome, toilet block and the old asphalt netball courts south of the creek are Crown Land. Under the NSW Government's Crown Land Negotiation Program the site will be transferred to OLALC. The program was designed to deliver positive social, economic, cultural and environmental benefits.

Orange Local Aboriginal Land Council Chairperson, Jamie Newman said the site would continue to be a much-loved community facility for the people of Orange and the new agreement is a fresh start for the precinct.

"The men's and women's teams from the OAMS Warriors will use the Moulder Park velodrome as a training facility and we hope to secure grants from government to install lights and other facilities to increase the use of the field," Mr Newman said.

"We will also work with Council and the police to transform the old netball clubhouse into a Youth Hub for all young people in Orange."

PEDESTRIAN CROSSING

Works will begin on the construction of a raised pedestrian crossing on Kite Street, between Anson Street and Lords Place.

The upgrade of the existing pedestrian crossing to a raised crossing, known as a Wombat Crossing, will increase pedestrian safety by slowing vehicles down as they approach the crossing.

Orange City Council's Infrastructure Policy Committee Chair Cr Jeff Whitton looked forward to seeing the work get underway.

"This upgrade is a very important part of improving safety for pedestrians, cyclists and motorists at such a busy crossing in the city's central business district," Cr Whitton said.

"The crossing is a key thoroughfare for people walking into the CBD from the south, as well as the Ophir car park and there have been numerous accidents and near misses there over the years."

The $151,000 project includes the construction of the raised crossing as well as new concrete blisters on each side of the road.

WASTE 2 ART

The Sims Metal Waste 2 Art competition returns in 2025 with the theme "Toys," encouraging artists to creatively reuse waste materials.

Organized by NetWaste, this annual event challenges perceptions of rubbish by showcasing art made from recycled items. Open to all ages, the competition features categories for primary school, high school, community, and open participants.

Orange City Council's Sustainability Community Committee Chair, Cr David Mallard, highlights the event's unique approach to waste reduction, emphasizing its appeal to diverse groups, from professional artists to schools. Waste 2 Art not only raises awareness about landfill waste but also inspires the community to repurpose materials creatively.

The competition has grown in popularity, with over 90 entries in 2024. The exhibition is scheduled for mid-June and the winners will advance to the regional competition at Dubbo's Western Plains Cultural Centre from September 20 to November 2.

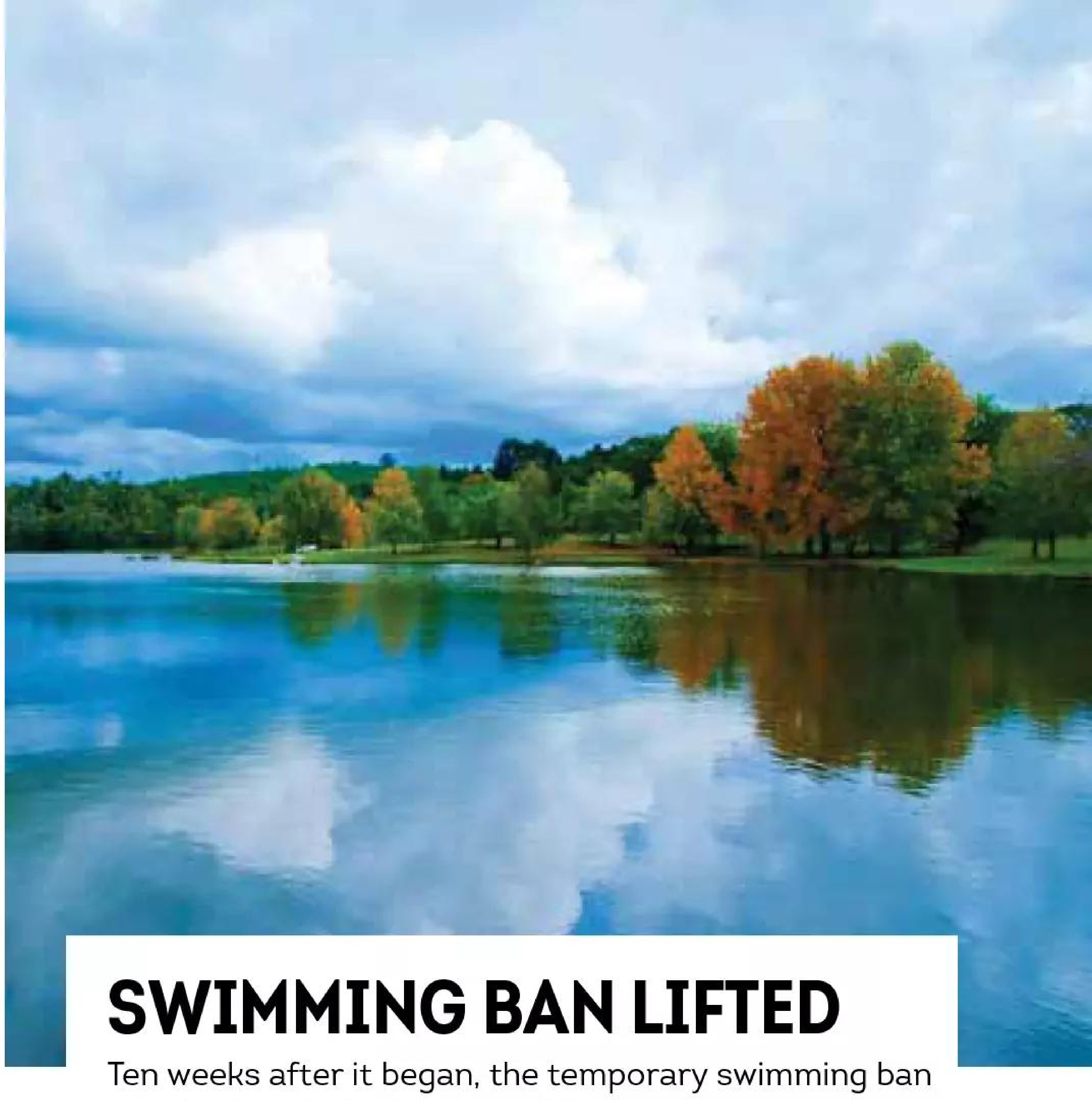
FREE MICROCHIPPING

More than 50 Hawkesbury pet owners and over a dozen owners from nearby areas took advantage of Hawkesbury Companion Animal Shelter's microchipping day.

Microchipping a dog or cat was free for Hawkesbury residents, with a $10 fee for those outside the area. In all, 45 dogs and 21 cats were either chipped or had their contact details updated.

Microchipping of cats and dogs is a legal requirement and helps the Hawkesbury Companion Animal Shelter reunite lost pets with their owners.

In case you missed it, you can go to the shelter anytime within opening hours to get your pet microchipped for $10. The team can also update your pet's microchip details for free over the phone or in person at the shelter.



SWIMMING BAN LIFTED

Ten weeks after it began, the temporary swimming ban at Lake Canobolas has been lifted.

The decision followed two consecutive weekly tests confirming that blue-green algae levels in the lake had dropped from the 'Red' alert level to 'Amber'. The Amber level meant swimming and other water activities could safely resume at the popular local spot.

Orange Mayor Tony Mileto has thanked the community for their cooperation during the temporary swimming ban.

earth care

GARDEN & ENVIRONMENTAL NEWS FROM YOUR LOCAL COMMUNITY.

THE BIN BUNCH SAYS
Don't bin your batteries

Hawkesbury Council bin truck signage reminds customers not to bin their batteries.

BATTERY DISPOSAL

With new fires happening every week, Hawkesbury City Council is reminding the community to be battery safe and dispose of batteries correctly.

Two of the Council's garbage trucks now carry bright red signage reminding customers not to bin their batteries. They should instead drop them for free at the Hawkesbury Community Recycling Centre in South Windsor, the Deerubbin Centre in Windsor, local supermarkets and Bunnings or check bcycle.com.au.

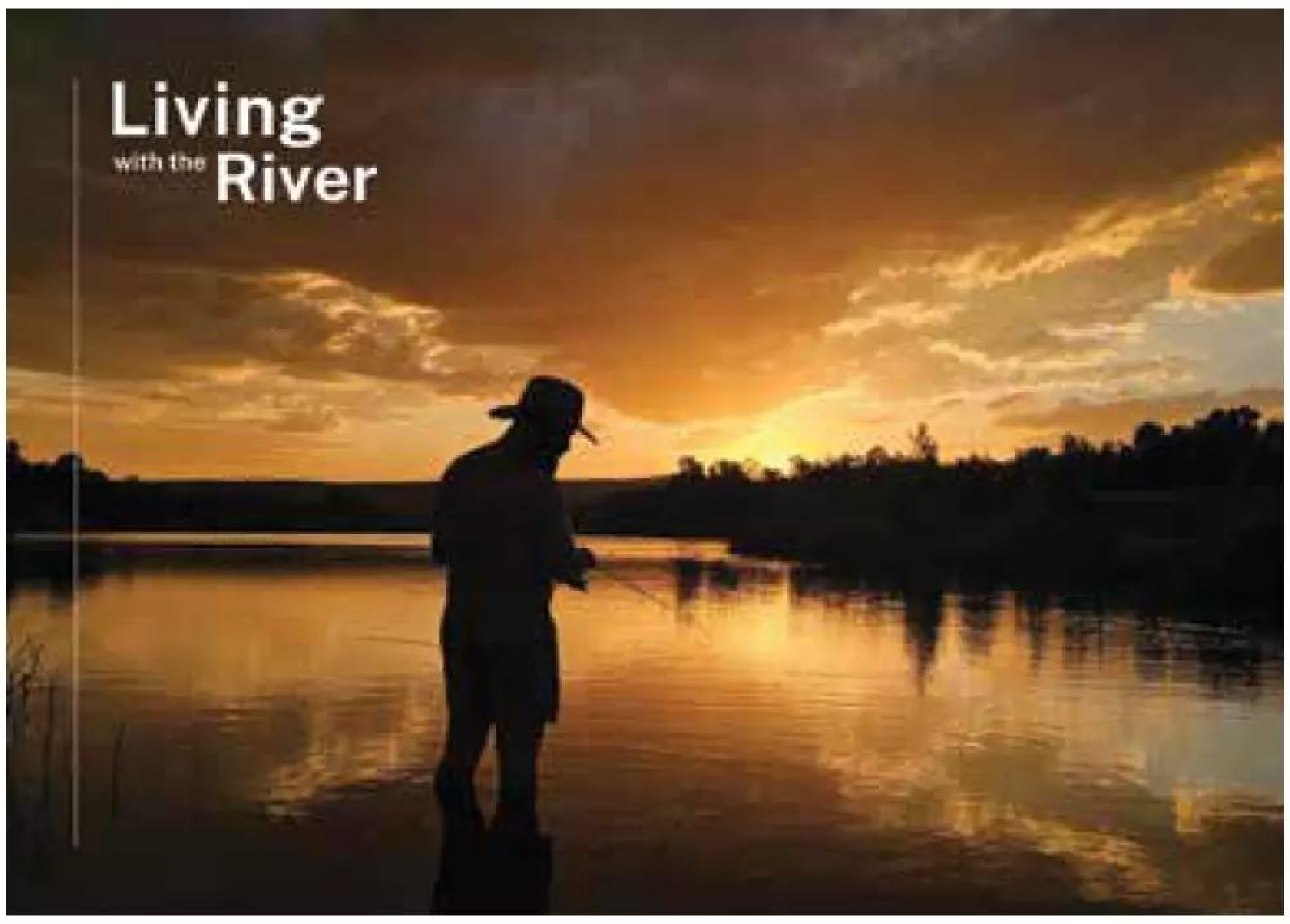
Mayor Les Sheather said: "Council has a whole range of measures in place to help residents to be responsible when it comes to reducing waste that goes into landfill and disposing of hazardous and toxic materials. These include our Online Waste Guide, our Rebately program to encourage the purchase of recyclable batteries, nappies and personal hygiene products, our Community Recycling Centre and educational videos."

DOGS IN PUBLIC SPACES

Blue Mountains City Council invited the community to take part in an important survey to help shape the future of how dogs are managed in public spaces.

The current Dogs in Public Spaces Strategy, originally adopted in 2017, is being reviewed by Council. The survey was opened as part of Council's first stage of community consultation to shape this strategy.

The survey will help Council understand what's working well, what could be improved, and how community expectations have changed, particularly around dog off-leash areas and responsible dog ownership in shared public spaces.



LIVING WITH THE RIVER

Explore the power, beauty and the rich stories of the Hawkesbury-Nepean River, also known as the Dyarubbin, through the lens of our community.

Hawkesbury Central Library, Windsor has just opened a new photography display Living with the River.

This captivating exhibition features a selection of images from the NSW Reconstruction Authority's Living with the River competition, which invited local residents to capture what the river means to them.

From the tranquil scenes of kayakers gliding through the water to the majestic bridges spanning the river and the diverse wildlife co-existing with us in nature, each photo tells a unique story and celebrates the community's deep connection with the river.

The exhibition includes images from Wallacia to Brooklyn, highlighting its changing face, the wide range of ways people experience the River and the challenges of living on a floodplain.

Visit Hawkesbury Central Library, at 300 George Street Windsor and immerse yourself in the stories of the Hawkesbury-Nepean Rive until 30 September.

FOGO ROLLOUT

Blue Mountains City Council has been successful in receiving a key grant from the NSW Environment Protection Authority (EPA).

The Blue Mountains was awarded $345,875 in the third round of Go FOGO grants, which will be critical in fast-tracking the transition to Food Organics and Garden Organics (FOGO) bins.

The grant will support Council in moving all Blue Mountains households to FOGO recycling by July 2030.

Blue Mountains Mayor, Mark Greenhill praised the grant announcement and the benefits it will bring for all residents and the local environment. "We all want to reduce the amount of waste going to landfill and in fact, over the last 20 years we've already decreased the amount of material going to landfill by 60 per cent," Cr Greenhill said.

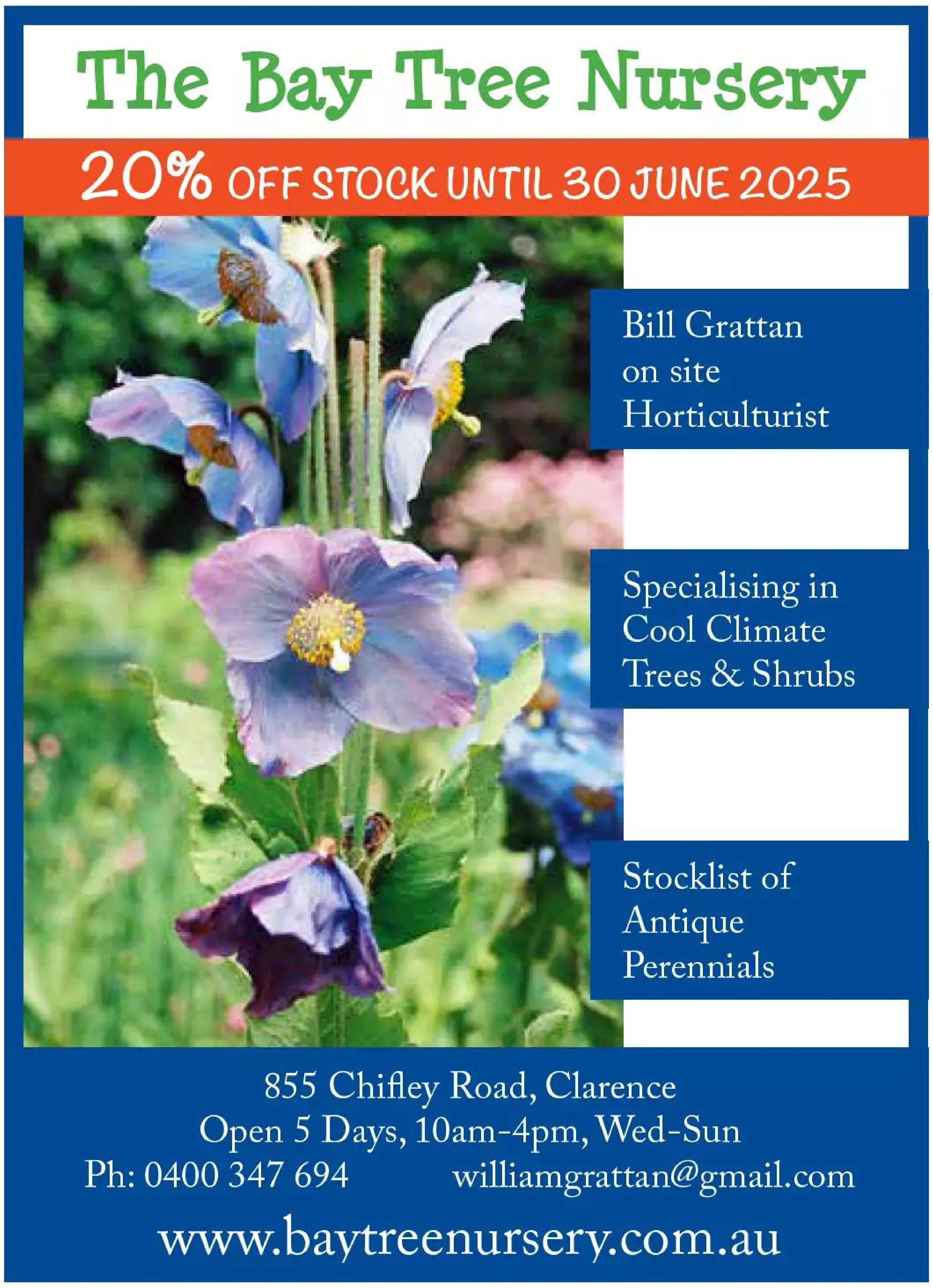
FAREWELL & THANKS

The Bay Tree Nursery's final days are fast approaching after its founder Bill Grattan revealed the business will close on June 30.

"I would like to say thank you very much to all of those customers who have supported the Nursery and myself over the years," he added.

"Many have followed me from Leura Country Gardens to Hartley Valley Nursery and finally to the Bay Tree Nursery having in two locations, Mt Victoria and lastly at 855 Chifley Rd, Clarence. (Bells Line of Road).

"We still have stock with a 20 per cent off the marked prices. Hope that you may make a visit prior the the last day, June 30 2025. Once again thank you for your past patronage."


The Bay Tree Nursery
20% OFF STOCK UNTIL 30 JUNE 2025
Bill Grattan on site Horticulturist
Specialising in Cool Climate Trees & Shrubs
Stocklist of Antique Perennials
855 Chifley Road, Clarence
Open 5 Days, 10am-4pm, Wed-Sun
Ph: 0400 347 694 williamgrattan@gmail.com
www.baytreenursery.com.au

Ros Auld in her studio, 2025. Photographer John Daly

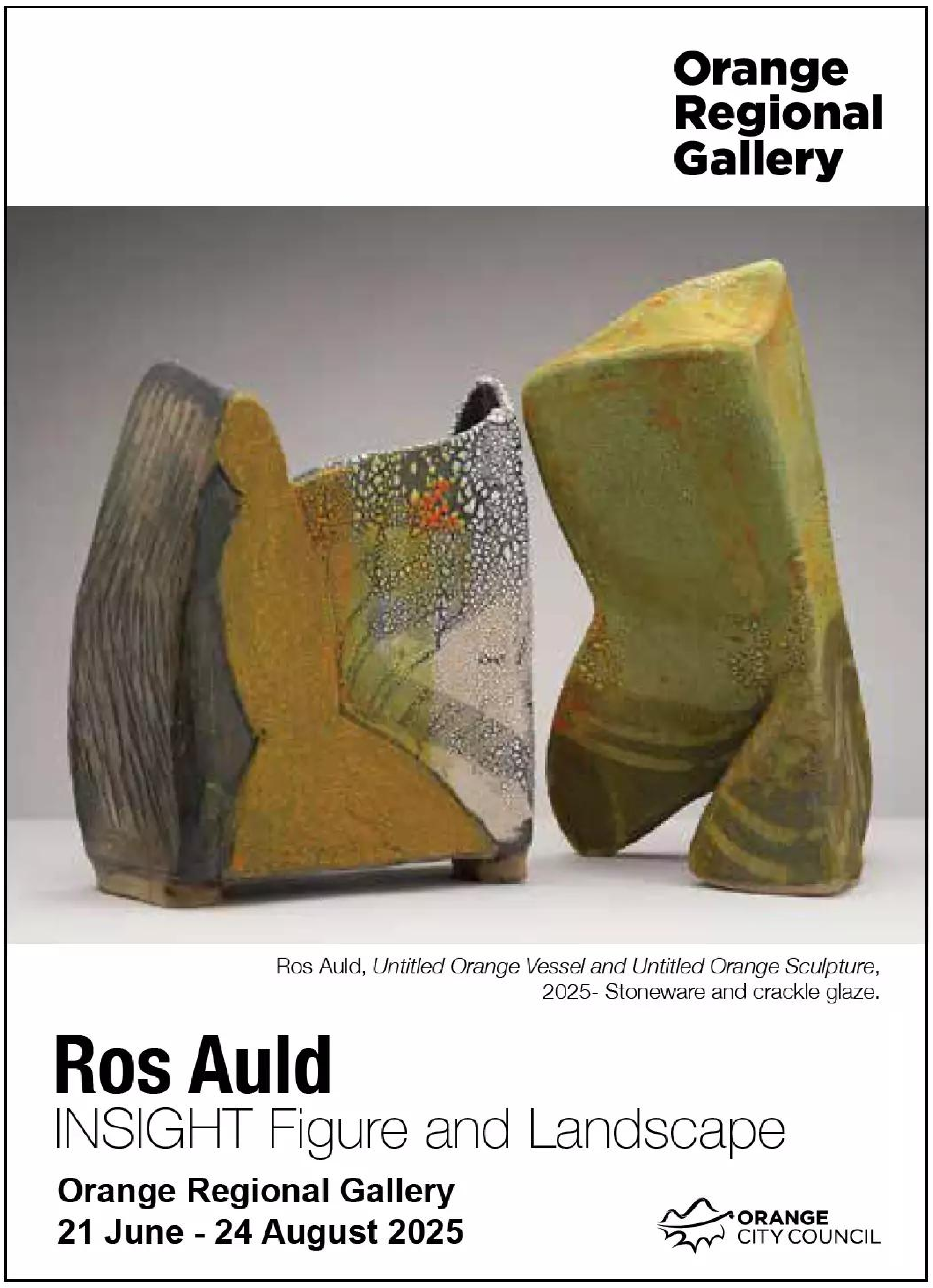
art events

EVENTS AND NEWS FROM OUR REGION

ROS AULD

INSIGHT: Figure and Landscape
Curated by John Daly
In this new series of works, ceramic artist Ros Auld investigates the relationship between the figure and the landscape. Known for her richly textured vessels and ceramic sculptures that embody both the strength and fragility of the Australian landscape, Auld is one of the Orange Region's most accomplished artists. This latest body of work continues her exploration of the landscape, now shifting focus to the figure within it. By integrating clay with found metal artifacts, she examines the co-evolution of the landscape and its inhabitants, crafting a dialogue between material, experience and place.

Exhibition dates: 21 June - 24 August 2025
Gallery open hours: 10am – 4pm daily
Closed Good Friday, Christmas and Boxing Day
Contact us: 02 6393 8136 or gallery@orange.nsw.gov.au

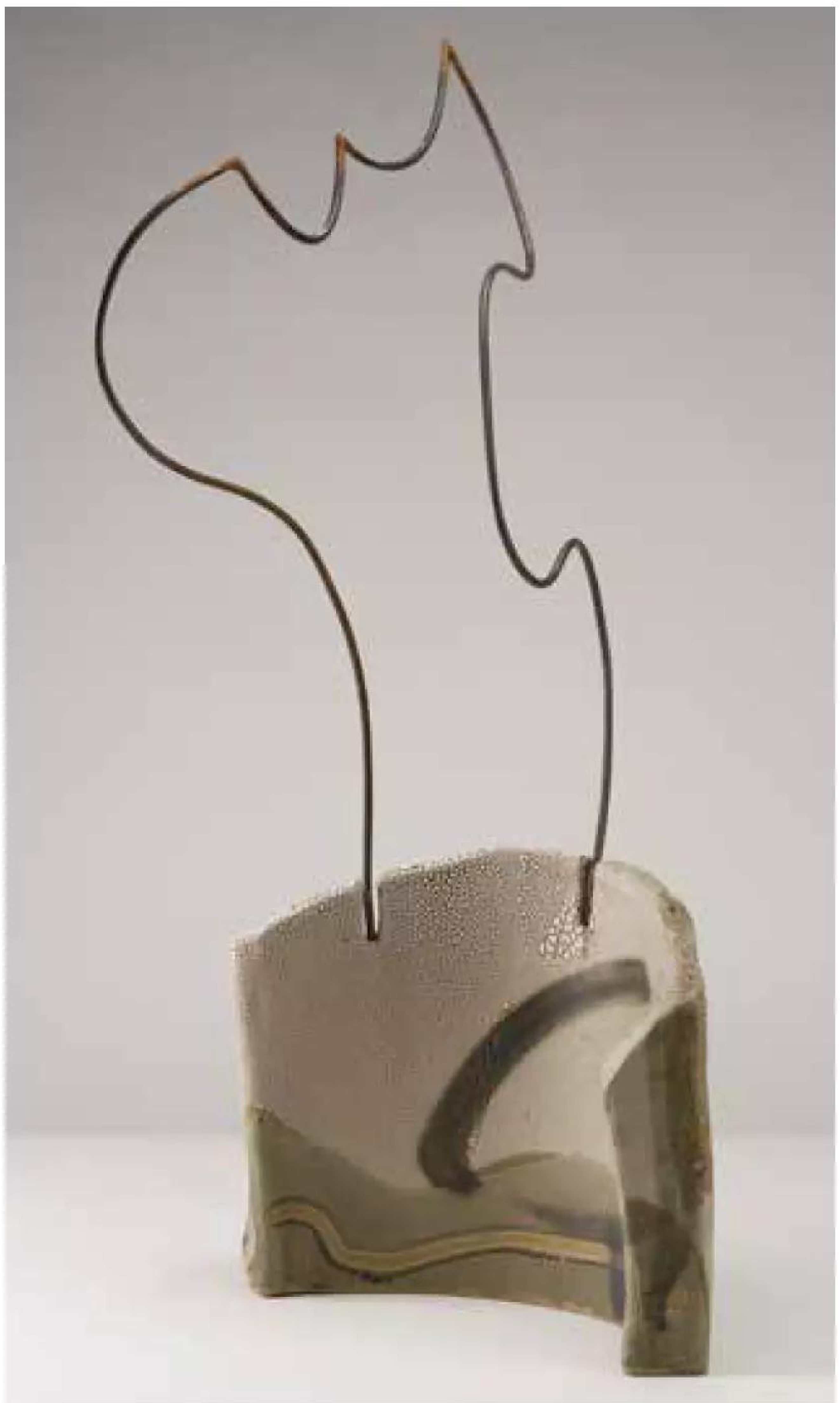


Orange Regional Gallery

Ros Auld, *Untitled Orange Vessel and Untitled Orange Sculpture*, 2025- Stoneware and crackle glaze.

Ros Auld
INSIGHT Figure and Landscape
Orange Regional Gallery
21 June - 24 August 2025

ORANGE CITY COUNCIL



Ros Auld, *Figure in Landscape- part 3* 2025, stoneware, crackle glaze with metal rod.

CALLEEN ART AWARD 2025

CALLEEN ART AWARD and VIBRATIONS IN AUSTRALIAN DRAWING

Cowra Regional Art Gallery is calling on all artists to submit their work for the Calleen Art Award. This national Award features a $30,000 acquisition prize for the winning entry, which has built an impressive gallery collection since the Award was established by Mrs Patricia Fagan OAM, in 1977.

Paintings of any style, theme or subject are eligible and the call for entries is open until 6 July 2025.

The upcoming exhibition *Vibrations in Australian Drawing* is a must-see survey of the materiality and manifestations of drawing. The exhibition features the artworks of both contemporary artists and artists from the last 100 years of Australian art history. Historic works by Russell Drysdale, James Gleeson and David Fairburn compliment more recent works by artists such as Blue Mountains-based Anthony Cahill.

Curated by Rhonda Davis, Kon Gouriotis, Leonard Janiszewkski, Tom Murray and Cassandra Hard Lawrie, *Vibrations in Australian Drawing* is a major partnership exhibition between the Macquarie University Art Gallery, the Creative Documentary Research Centre, Macquarie University and Cowra Regional Art Gallery.

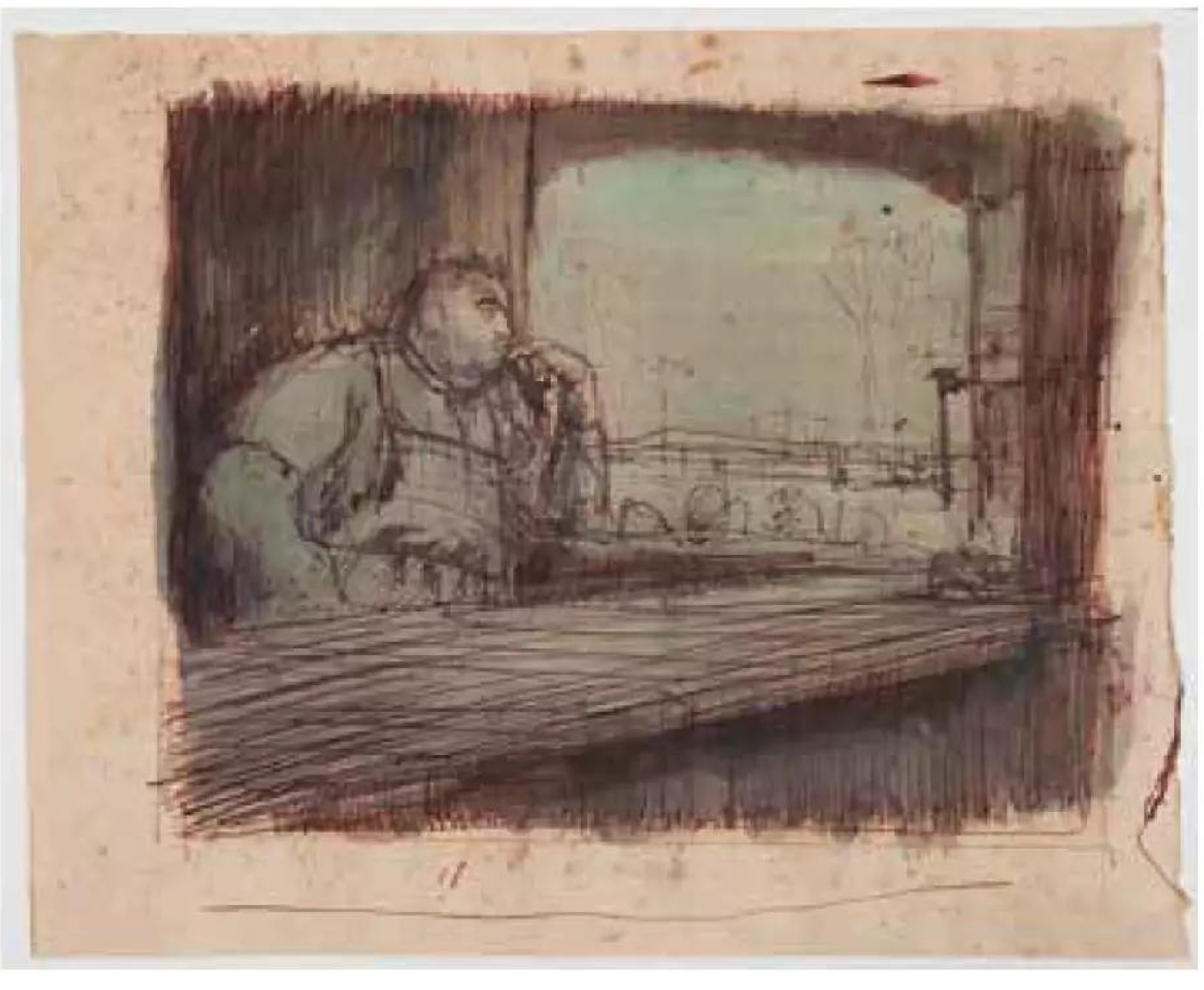
In other news, readers may recall that in late 2024, Cowra Regional Art Gallery's Director Brian Langer retired after 16 years of service to the Gallery, during which time he built an exceptional collection. The gallery has since announced that experienced curator and gallery manager Cassandra Hard Lawrie replaced Brian in the role, in January 2025.

Cassandra came from Willoughby City Council where she managed Art Space on The Concourse and curated up to eight exhibitions a year. Prior to this Cassandra was an Independent Curator.

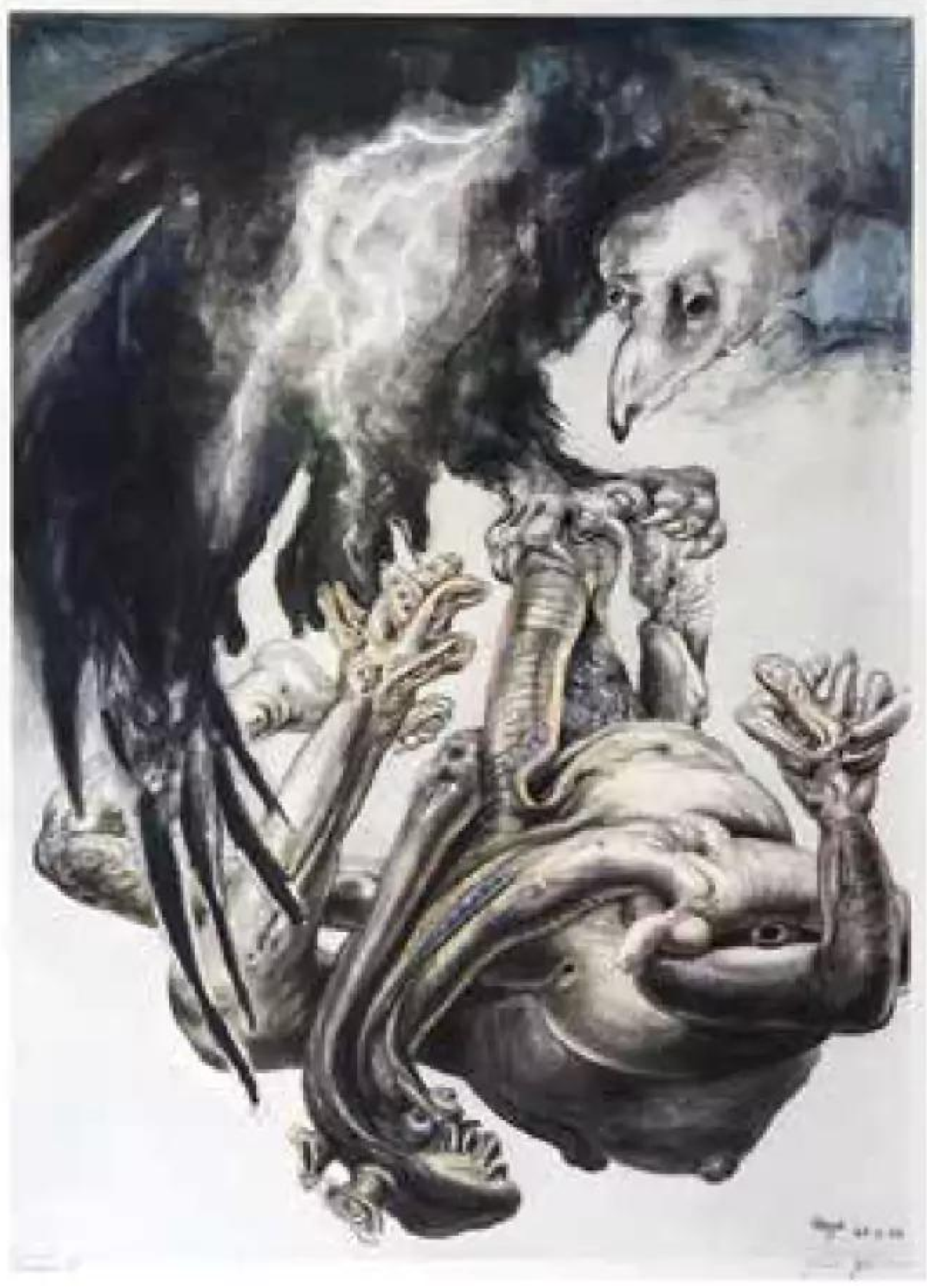
Cassandra is a grassroots curator and gallery manager, who focuses on thought-provoking yet accessible exhibitions that prioritise community outcomes and audience development. Her past curatorial projects have explored diversity and culture sharing, technology-based artforms and heritage.

With a storied history of presenting interesting and diverse exhibitions across a range of artistic forms, we are looking forward to what shape Cassandra's exhibitions will take and look forward to day trips to visit 'CRAG' and experience both the collections on display and the journey to them.

Welcome, Cassandra. We look forward to what is to come.



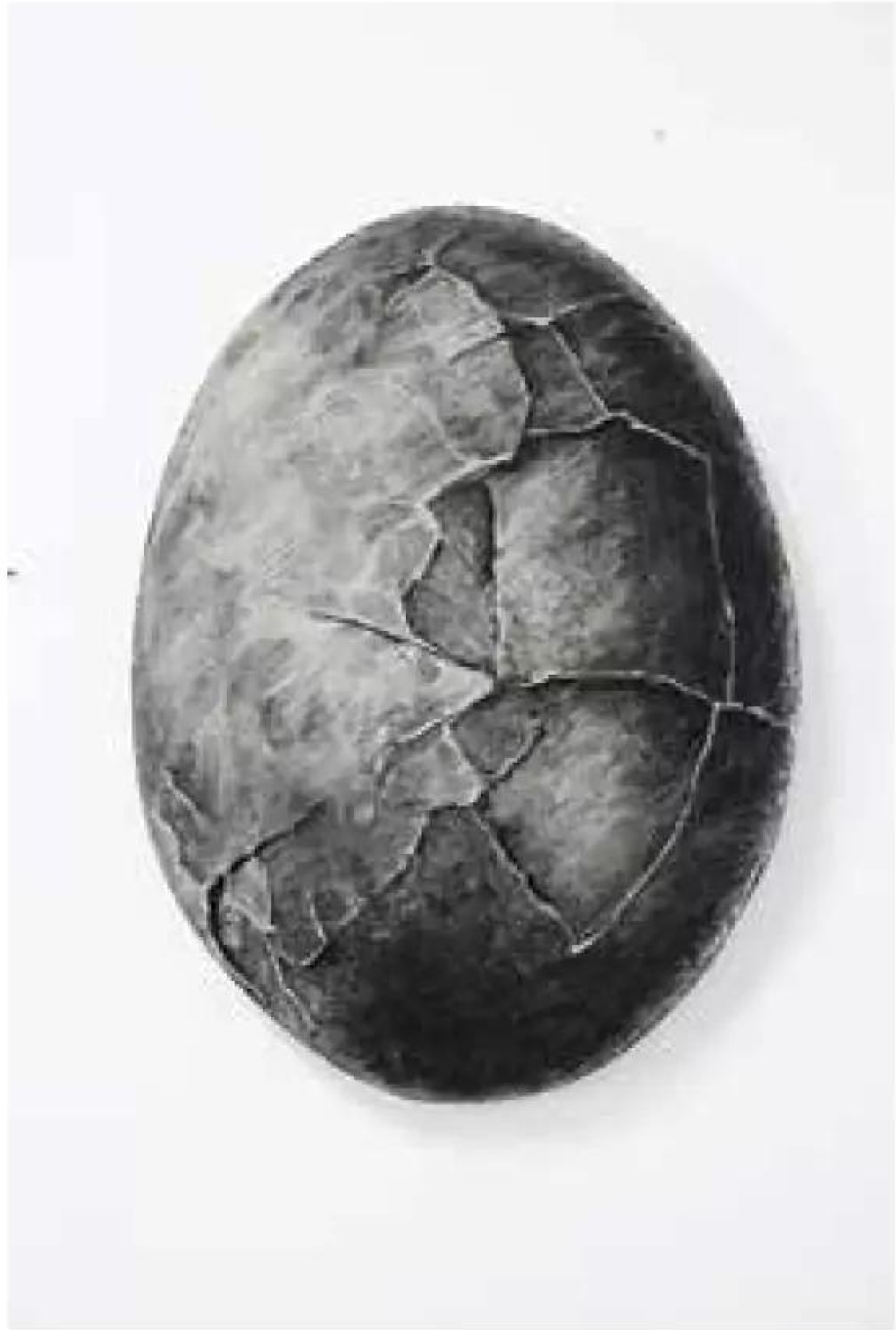
Russell Drysdale (1912-1981), *Bar room figure* [Study for "Joe"] circa 1945-1949 pen, ink on graph paper. Bequest of Mrs IF Cantwell. Macquarie University Art Collection. Photography by Effy Alexakis, Photowrite. © Estate of Russell Drysdale



VIBRATIONS IN AUSTRALIAN DRAWING

7 June – 13 July

Examining the materiality and manifestations of drawing from the last 100 years of Australian art history.



THE GOOD
Anna Louise Richardson

19 July – 24 August

A major new solo exhibition centred around rural life and embedded in the experience and drama of everyday reality.

cowra regional art gallery

COWRA REGIONAL ART GALLERY
77 Darling Street Cowra NSW 2794
OPEN Tuesday to Saturday 10am-4pm,
Sunday 10am-2pm
Wheelchair access. FREE Admission

IMAGE TOP: James Gleeson (1915–2008), *Ganymede ll*, 1979, charcoal and pastel on paper. Macquarie University Art Collection. Gift of the artist. Photography by Effy Alexakis, Photowrite. © Gleeson/O'Keefe Foundation,
IMAGE BOTTOM: Anna Louise Richardson, *Good egg*, 2023, charcoal on cement fibreboard, 50 x 37 cm. Photo: Bo Wong.

Cowra Council

Photo: Julia Morrell

The Weaver of Blackheath

A TALE WOVEN WITH LOVE, MYSTERY, AND CREATIVITY.

BY JULIE WRIGHT

In the idyllic setting of the Blue Mountains, where mist-laden valleys meet dramatic escarpments, Bronwyn Rodden has spun a tale as intricate as a master weaver's tapestry.

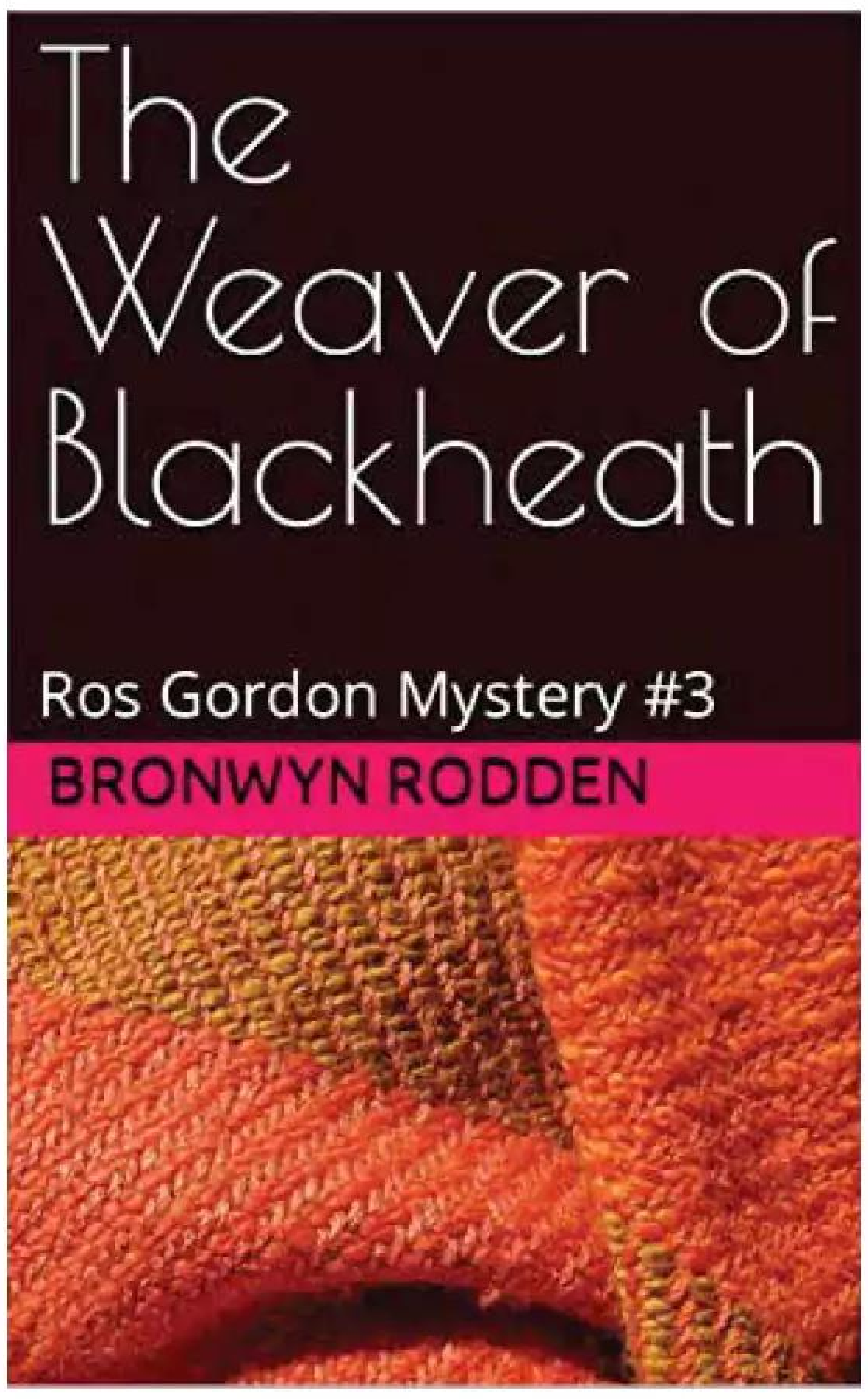
Her latest novel, The Weaver of Blackheath, is the third in her Blue Mountains Mystery series, and it continues to charm readers with its blend of gripping intrigue, heartfelt storytelling, and vivid landscapes. But what inspired Bronwyn to embark on this creative journey? As it turns out, her life and passions are inextricably tied to her work.

Bronwyn's journey to becoming a novelist is steeped in childhood memories. Growing up, she and her siblings played what she fondly calls "The Writing Game," a collaborative exercise in storytelling that left them in fits of laughter over the absurd plots they created. This game not only honed her narrative instincts but also planted the seeds of her future career. "When I saw Pictionary emerge in the 1980s, I thought, they've taken our writing game and turned it into pictures!" she recalls with a smile.

The creative spark was also ignited by her late brother, Chris, whose imaginative storytelling captivated her as a child. Chris, christened Darcy, filled their lives with his wild tales, leaving a lasting impression on Bronwyn's storytelling style. These early influences, coupled with her lifelong love of reading, set the stage for her later work.

A key figure in Bronwyn's literary journey is her longtime friend Irene Simms. The pair, friends for over 60 years, spent their high school years competing to read every Agatha Christie novel in their school library. "This was my introduction to mysteries, and a lot of fun it was," Bronwyn says. The duo's shared love of crime fiction inspired Bronwyn's Blue Mountains Mystery series, featuring the dynamic Detective Ros Gordon and Detective Leighton.

The Blue Mountains, with their stunning natural beauty and rich history, play a central role in Bronwyn's work. She credits her late sister Clare for introducing her to the region's art deco architecture and its unique juxtaposition with Australia's rugged wilderness. "As a teenager from the outer suburbs of Sydney, it was so exotic for me—almost like being overseas," she says. The Blue Mountains have since become a wellspring of inspiration, their landscapes and landmarks serving as vivid settings in her novels.



"Books are shaped over years of thought and effort."

One such landmark is the Carrington Hotel in Katoomba, which inspired The Sherringworth in her series. It was over cocktails at the Carrington that Bronwyn's friend, master weaver and bushwalking leader Mike Heffernan, playfully suggested she base a character on him. Mike got his wish; his artistry and personality inspired the titular weaver in The Weaver of Blackheath. "One of his lovely weavings is even pictured on the cover of the book," Bronwyn notes. "Although he did make a quick trip to India when I mentioned the book was being published—so who knows!"

Bronwyn's commitment to authenticity and diversity is evident in her characters. Detective Constable Leighton, a Murri man, is a collaborative creation between Bronwyn and her friend Vince Scarcella, a proud Murri man from Queensland. Vince's insights into navigating a predominantly white world have enriched Leighton's portrayal, making him a vital and authentic character in the series. "If white writers aren't able to include Aboriginal people in their books, it just adds to their invisibility in our society," Bronwyn explains. She emphasizes that such portrayals must be done with participation and respect.

Bronwyn's work also draws inspiration from her encounters with fascinating figures, such as artist Norman Lindsay, whose philosophy and art left an indelible mark on her creative landscape. "A flawed character, Lindsay nonetheless championed wild, free women and European philosophy in a very conservative Australia," she says.

The settings in her books are equally captivating. The Maples, a key location in The Weaver of Blackheath, is based on the Everglades House and Garden, a place Bronwyn has visited many times. Her friend and editor, Janet Reinhardt, often accompanied her on these visits. Janet's encouragement and meticulous editing have played a crucial role in bringing Bronwyn's manuscripts to life. Bronwyn's deep appreciation for the arts is evident in her gratitude to the artists whose works surround her, inspiring fictional spaces like Dove Gallery in her novels.

Family plays a foundational role in Bronwyn's creative journey. Her husband, John, is not only her partner in life but also her editor and constant source of support. "He has made our journey together such a wonderful experience, full of love, surprise, and encouragement," Bronwyn says warmly. She also credits John's mother, Barbara, with inspiring her to keep writing. Born on the same day as the Queen and still going strong, Barbara shares Bronwyn's love of mystery series like Poirot and Midsomer Murders. Together, they've explored a genre that, while entertaining, often tackles difficult issues in a palatable way.

Bronwyn's blend of humor, mystery, and heartfelt storytelling shines throughout her work. Even the quirky characters, like the microbrewing dentist inspired by her real-life dentist, bring a delightful touch of whimsy to her novels.

Reflecting on the complexity of novels, Bronwyn says, "Books are intricate things, shaped over years of thought and effort." With The Weaver of Blackheath, Bronwyn has woven a rich tapestry of love, creativity, and mystery—a celebration of history, artistry, and relationships. Her work continues to captivate readers, transporting them into the evocative world of the Blue Mountains.

For those looking to be charmed, challenged, and utterly transported, The Weaver of Blackheath awaits — a story as intricate and vivid as the landscape that inspired it.

EVERLASTING SMILE

ASK A 'DENTIST NEAR ME' FOR THE CHILD DENTAL BENEFIT SCHEDULE.

BY DIANA SMITH **PHOTOS** SUPPLIED BY ADA

With every-growing children it's the perfect time to review your child's dental care options.

Did you know that the Child Dental Benefit Schedule (CDBS) can offer up to $1095 worth of dental treatment for eligible children aged 0 to 17 over two calendar years? This Medicare-funded program is designed to make dental care more accessible, yet many families are still missing out on these benefits.

Tooth decay is a common issue, but it's preventable and often manageable if caught early. That's why the Australian Dental Association (ADA) is urging families to find out if their children qualify for the CDBS. Currently, 59% of dental expenses are paid out-of-pocket by families, rather than being covered by this scheme or private health insurance.

"Eligible children can receive $1095 worth of dental care at a private practice," Jodie Olivier (ADA's NSW branch vice president) told the Blue Mountains Life magazine. "We want families to check their eligibility and use these benefits for regular check-ups and early treatment."

The CDBS has been around for a decade but remains underutilised. Jodie emphasizes that all private dental practices can accept CDBS funds and verify eligibility. Some practices offer bulk billing, so there might be no out-of-pocket expenses, while others may require a co-payment depending on the practice.

If you're unsure about your eligibility, you can easily check by calling Medicare or Services Australia.

Although the CDBS is promoted through letters, there's a significant portion of the population—especially those with diverse linguistic or cultural backgrounds—that might not receive or fully understand this information. As a result, they might miss out on these benefits through no fault of their own.

For most treatments (except for very invasive procedures), eligible children can use CDBS benefits without the need for parental consent if

they are mature and their circumstances justify greater independence. "The dental practice will decide whether to proceed without parental consent based on their knowledge of the family and the child," Jodie said.

Not all dental practices accept CDBS, but patients have the flexibility to find a practitioner who does. "Families with private health insurance can also benefit," she added. "Eligibility is based on income or Centrelink payments, not on whether you have private health insurance. You might use CDBS funds first and then switch to your health fund benefits if the treatment cost exceeds the CDBS cap."

Establishing good dental habits early is crucial since dental disease is preventable. Jodie emphasised that, "Starting with good oral health habits early on can lead to better oral health later in life. Conversely, poor oral health in childhood is a strong predictor of dental problems in adulthood."

Here are some simple tips: Ensure children visit the dentist regularly, starting with a check-up by their first birthday and continuing with at least annual visits. Encourage brushing twice daily, after breakfast and before bed, with a fluoride toothpaste suitable for their age—child-strength fluoride for those aged 0-5, and adult-strength fluoride from age six onwards.

Tooth decay often extends deeper than it appears on the surface. By the time a cavity forms, it may already involve the tooth's nerve, requiring more extensive treatment. Regular check-ups and x-rays can help detect and address these issues early.

> Diet plays a significant role in oral health.

Jodie, who has 14 years of dental experience and is a mother of two, underscores the importance of brushing. She adds that flossing is beneficial, though it can be challenging with younger children. Drinking tap water also helps by washing away food particles and providing fluoride to strengthen tooth enamel.

Diet plays a significant role in oral health. Jodie advises minimizing sugar intake since high-sugar diets increase the risk of tooth decay. Foods and drinks to limit include biscuits, cakes, lollies, chocolate, flavoured yoghurts, sugary drinks, and sugary cereals.

For parents, NSW Health suggests performing a "lift the lip" on babies and toddlers to check for white or brown marks, red and puffy gums, or abscesses—signs of decay or infection. For older children, look for dark spots on teeth, especially in the grooves or between teeth.

In 2021-2022, about 8,000 children aged 0-14 were hospitalized for dental issues. The Blue Mountains, Central and Far West have higher rates of tooth decay compared to cities. Low-income families and those in remote areas are particularly affected. Shockingly, four in ten children aged 5-10 have had tooth decay in their baby teeth, and one in four aged 6-14 have experienced it in their permanent teeth.

"Baby teeth are essential for speaking, eating, and holding space for adult teeth. Damage to these teeth can lead to more significant issues later," Jodie explains. "Baby teeth are just as important as adult teeth."

When asked how to motivate young families to visit the dentist, Jodie said, "Honestly, I haven't encountered anyone who resists when they learn they can access $1095 in dental care through the CDBS."

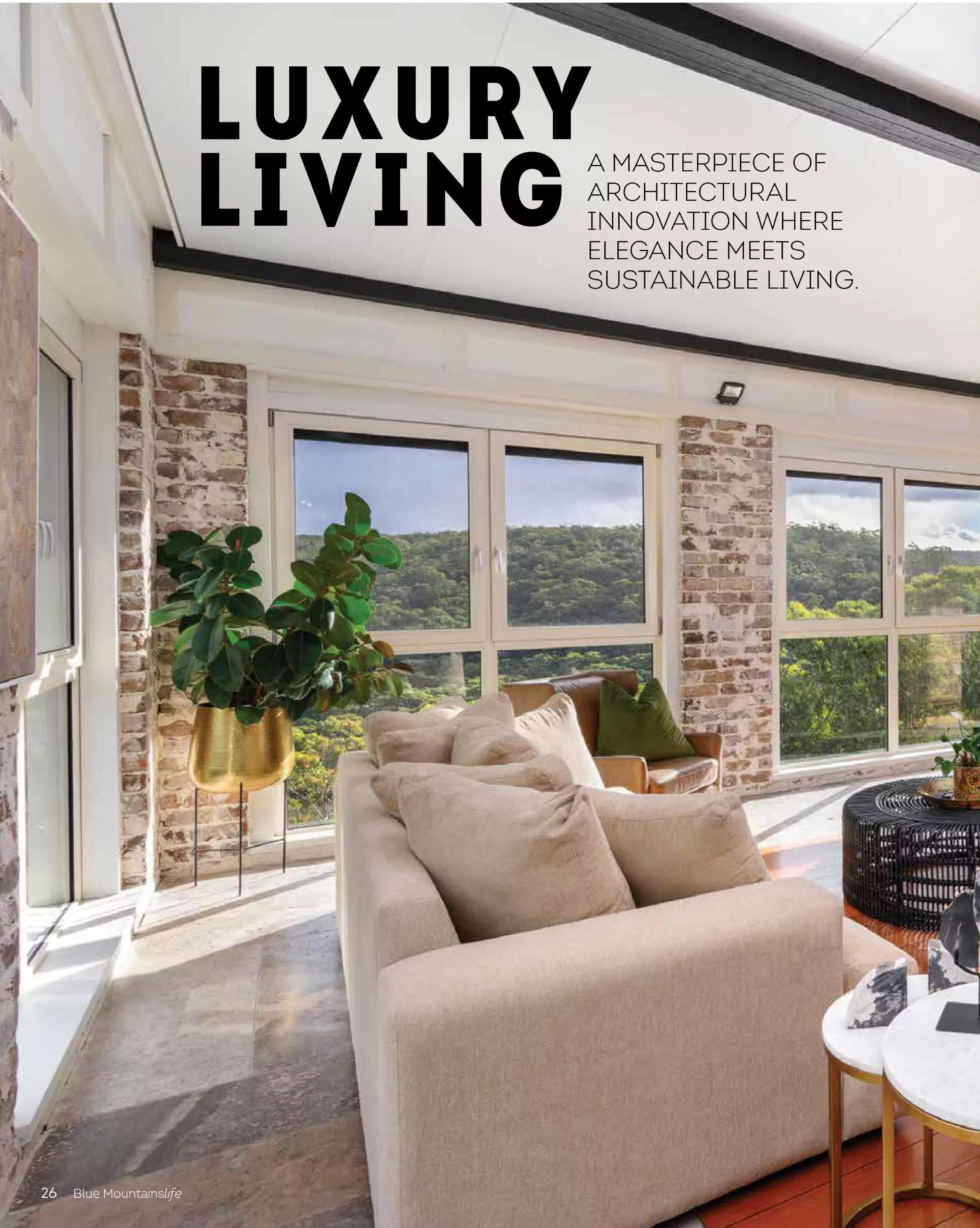
With the CDBS providing valuable benefits and early dental care being so critical, it's worth checking your eligibility and making the most of these resources.

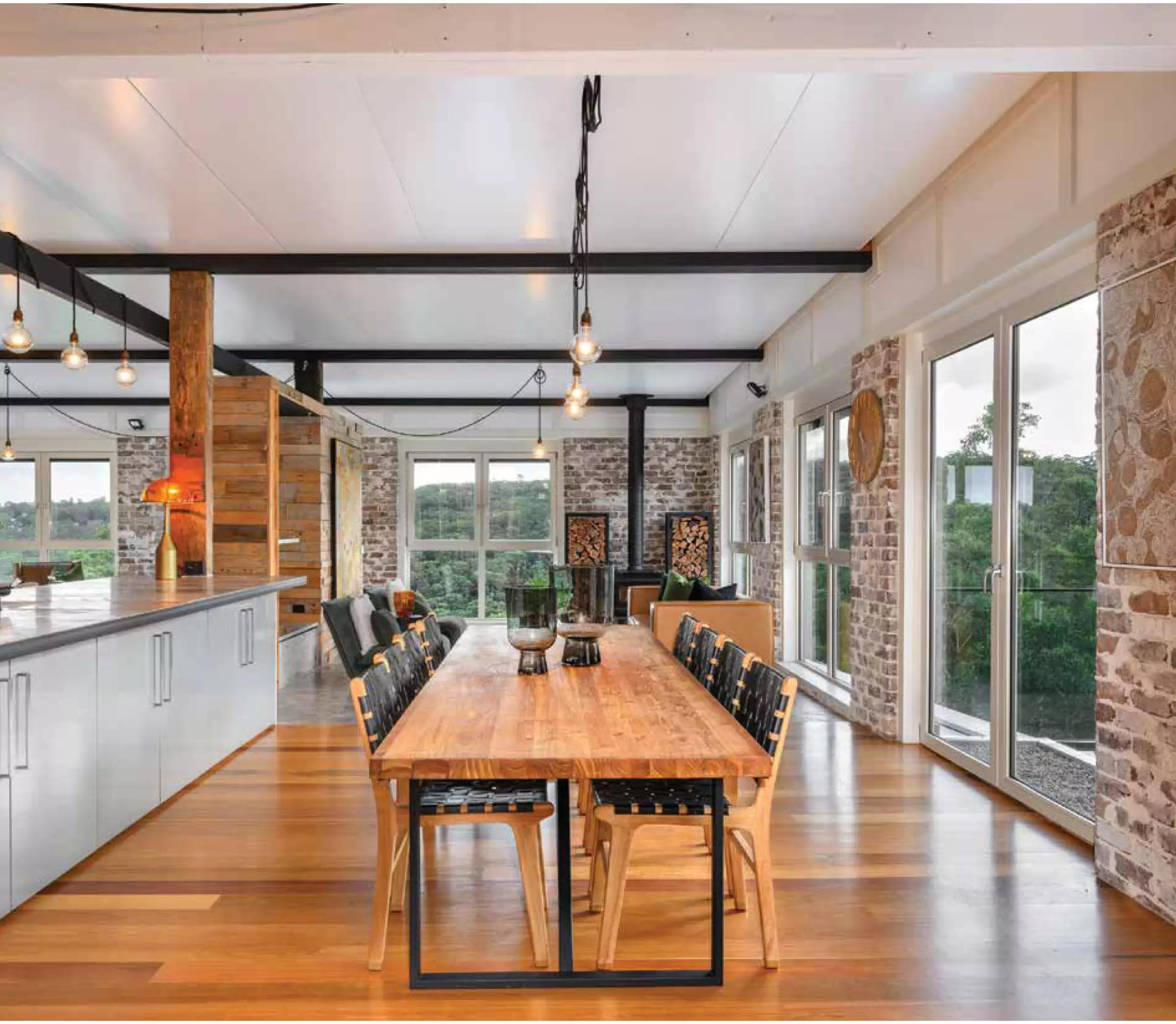
WHAT DENTAL SERVICES ARE COVERED?

- **Dental check up**
- **Cleaning**
- **X-Rays**
- **Fillings**
- **Fissure sealing**
- **Extractions**

LUXURY LIVING

A MASTERPIECE OF ARCHITECTURAL INNOVATION WHERE ELEGANCE MEETS SUSTAINABLE LIVING.





Nestled in the heart of Winmalee, 43 Stapylton Street is more than just a home — it's a statement of architectural brilliance and sustainable living.

This seven-bedroom, four-bathroom residence is a rare gem, seamlessly blending industrial charm with contemporary comfort. Designed with versatility in mind, it offers an unparalleled lifestyle for families, professionals, and investors alike.

From the moment you step inside, the home's unique character is evident.

Repurposed building materials — such as bricks and railway sleepers—lend a rustic yet sophisticated aesthetic, while barn-style doors and striking feature walls add a touch of modern elegance.

The large kitchen, complete with an oversized island bench, is the heart of the home, perfect for entertaining and everyday living. Double-glazed windows and insulated walls ensure energy efficiency, reducing costs while maintaining year-round comfort.

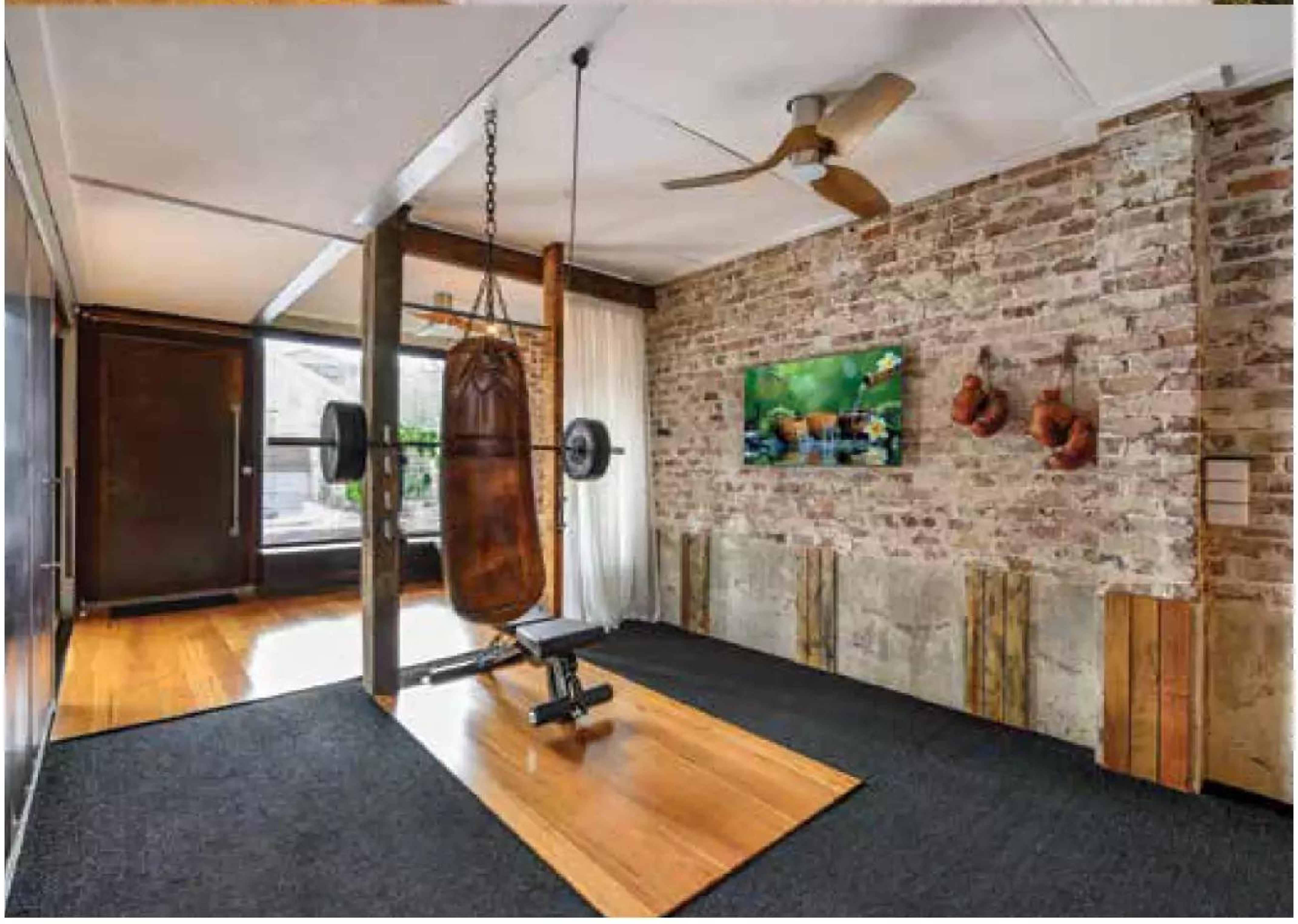
Beyond its stunning design, this home is built for convenience. The lower ground level is a game changer, offering a private space ideal for multigenerational living, remote work, or even Airbnb rental income.

Equipped with its own split-system air conditioning, this area provides flexibility for a variety of lifestyles. The main residence boasts ducted air conditioning, ensuring comfort throughout, while both combustion and ecosmart fireplaces create a cozy ambiance.

For wine enthusiasts, the dedicated wine cellar is a dream come true, offering the perfect environment to store and showcase a collection. Fitness lovers will appreciate the home gym,

›

This home is built for convenience.



What sets this property apart is its blend of character, sustainability, and versatility.

allowing for workouts without ever leaving the house. The two-car garage includes a spacious workshop area, catering to hobbyists and professionals alike.

Step outside, and you'll find a landscaped paradise designed for relaxation and entertainment. The brand-new heated inground concrete pool, framed by travertine tiles and glass fencing, is a showstopper. Whether hosting summer gatherings or enjoying a quiet evening swim, this pool is a luxurious addition to the home.

Adjacent to the pool, a custom-built pergola provides a shaded retreat, perfect for alfresco dining. The fire pit zone invites cozy nights under the stars, while the customized eco rainwater tank and 16kw Solar system with Tesla Powerwall 2 10kw battery ensures sustainability remains at the forefront of this property's design.

Convenience is key, and 43 Stapylton Street delivers. Located just 900 meters from Little Zak's Academy Child Care, 1 km from Winmalee Public School, and 1.4 km from Winmalee High School, families will appreciate the proximity to quality education.

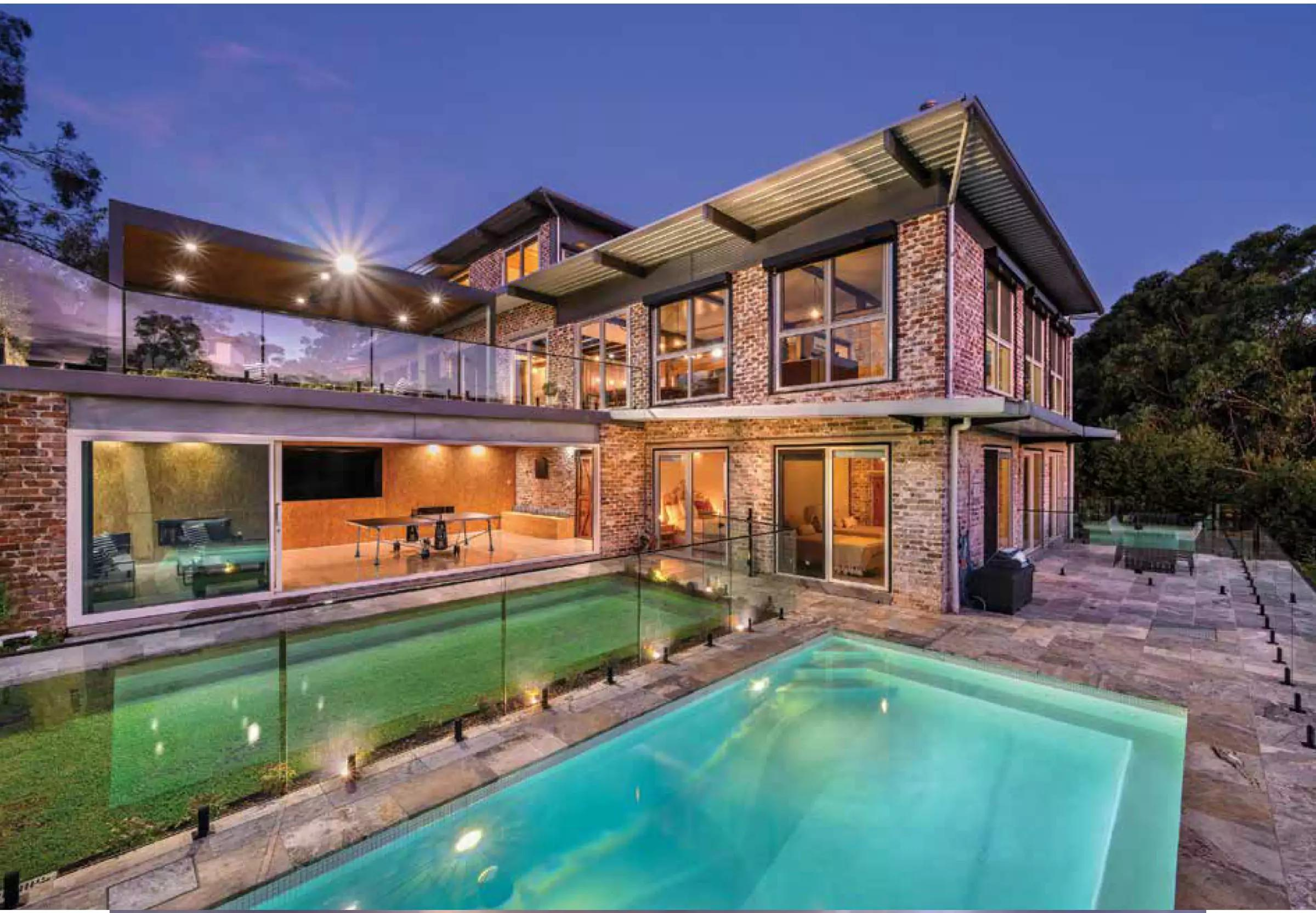
For commuters, Springwood Station is just 6.4 km away, while Penrith CBD is a short 26.5 km drive. With the Western Sydney International Airport set to open in 2026, this location is poised for future growth.

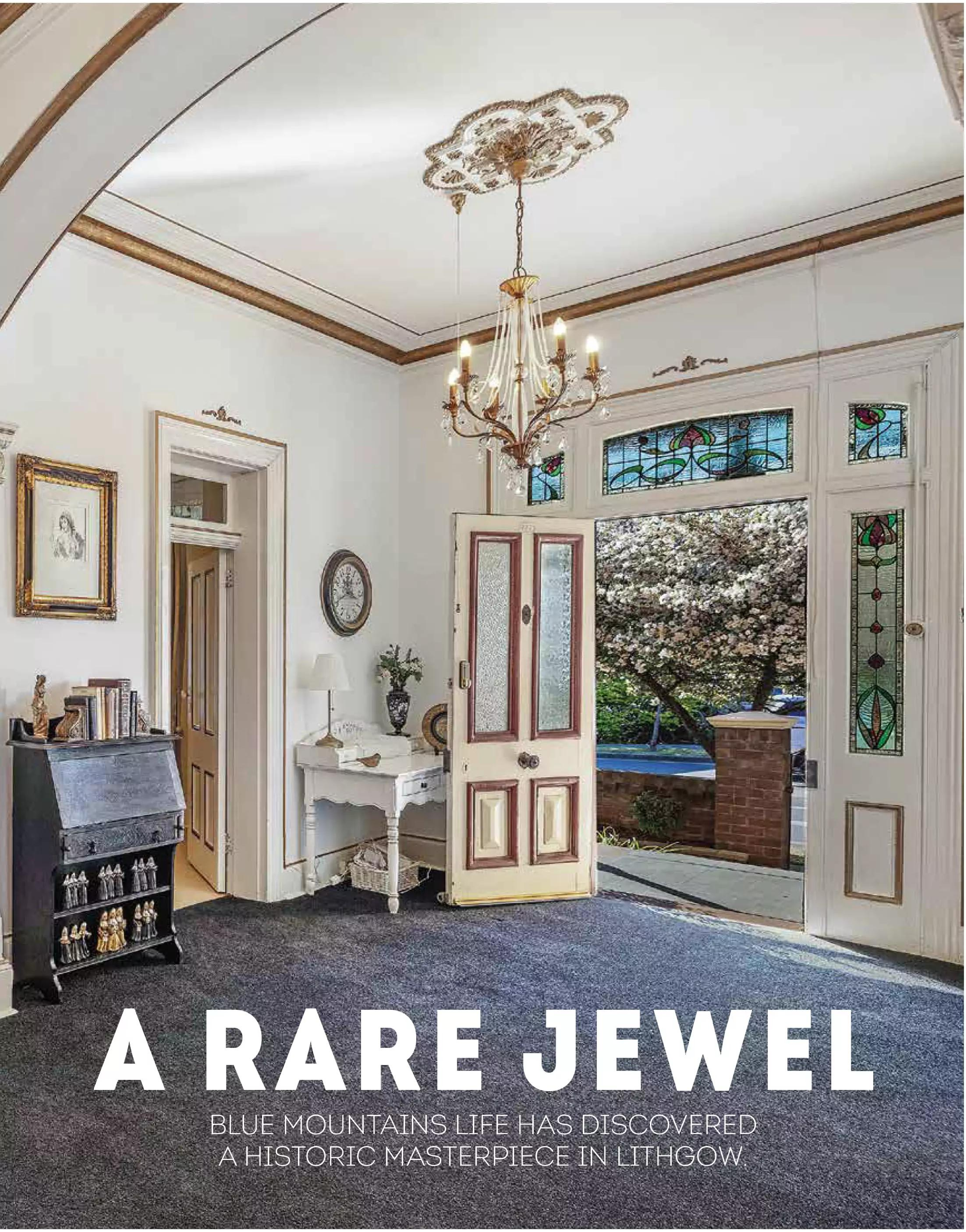
What sets this property apart is its blend of character, sustainability, and versatility. Every detail has been thoughtfully designed to create a home that is both functional and breathtaking.

Whether you're drawn to its energy-efficient features, flexible living spaces, or stunning outdoor amenities, 43 Stapylton Street is a true masterpiece.

For those seeking a home that offers luxury, practicality, and sustainability, this property is an opportunity not to be missed. Expressions of interest are now open — could this be your dream home?

For further details contact the Merrick Property Group on 02 4760 0812.

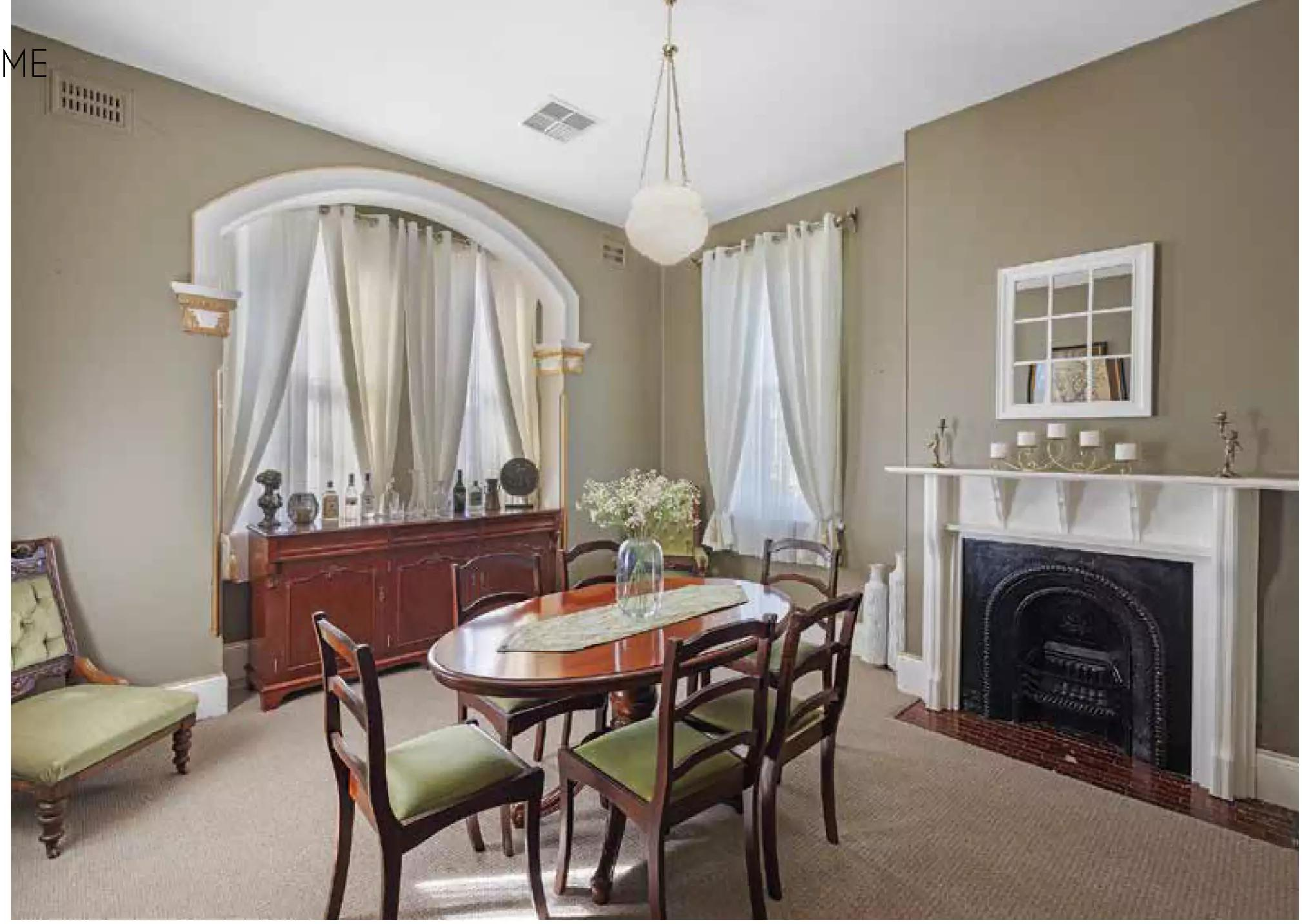




A RARE JEWEL

BLUE MOUNTAINS LIFE HAS DISCOVERED A HISTORIC MASTERPIECE IN LITHGOW.

›



BY ROBYN DOSS

In the heart of Lithgow, a town woven with rich colonial and industrial heritage, stands a property that exudes history, grandeur, and untapped potential.

At 227 Mort Street, this meticulously restored 1908 residence is more than just bricks and mortar — it's a living piece of Australian history, infused with elegance and opportunity.

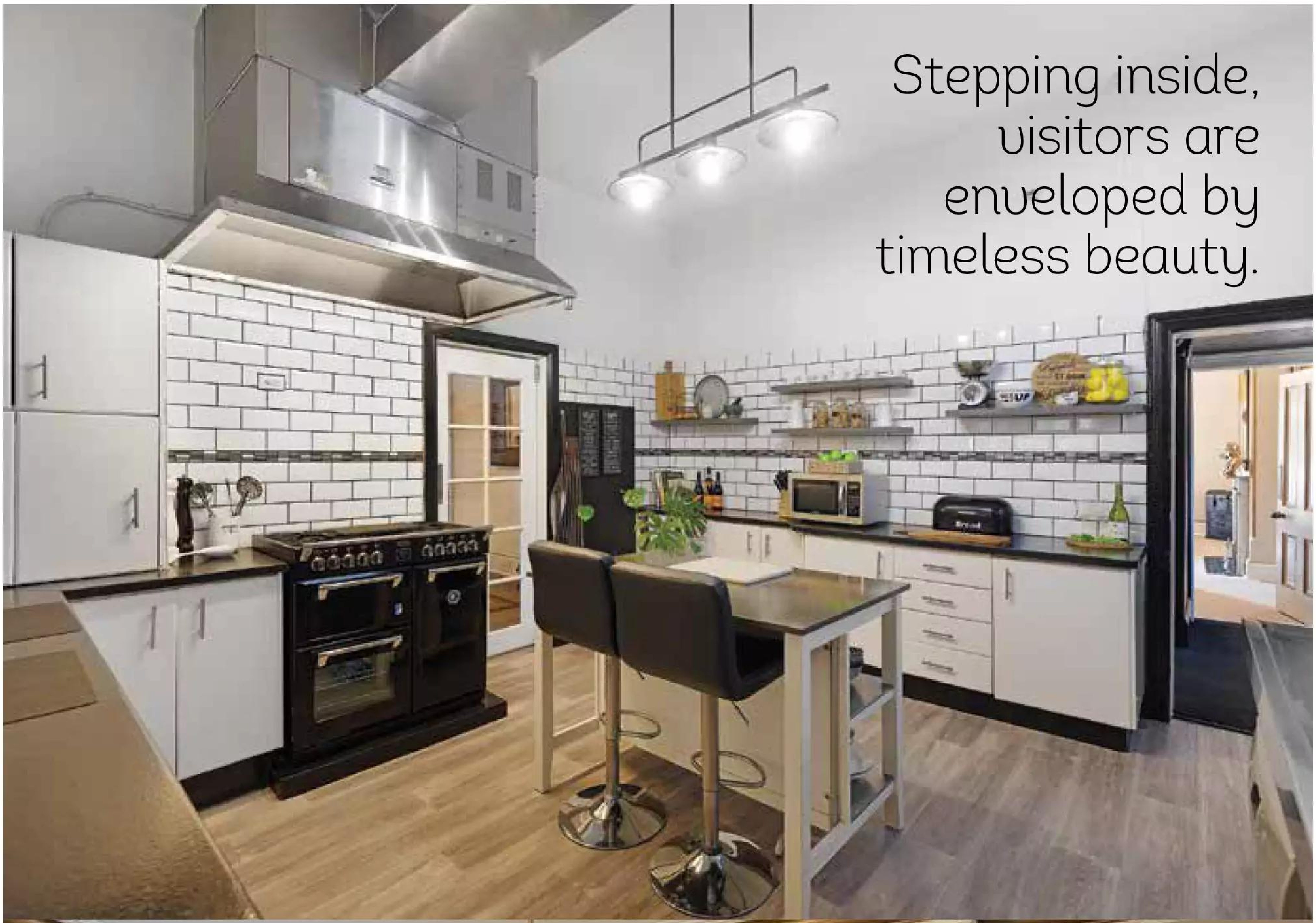
Few homes can boast a direct connection to a national icon, but this grand residence holds a unique distinction: Saint Mary MacKillop's signature graces its original deed, cementing its place in the annals of Australia's past.

This remarkable tie to one of the country's most revered figures elevates the property beyond an opulent home—it is a story, a legacy, an heirloom waiting to be cherished.

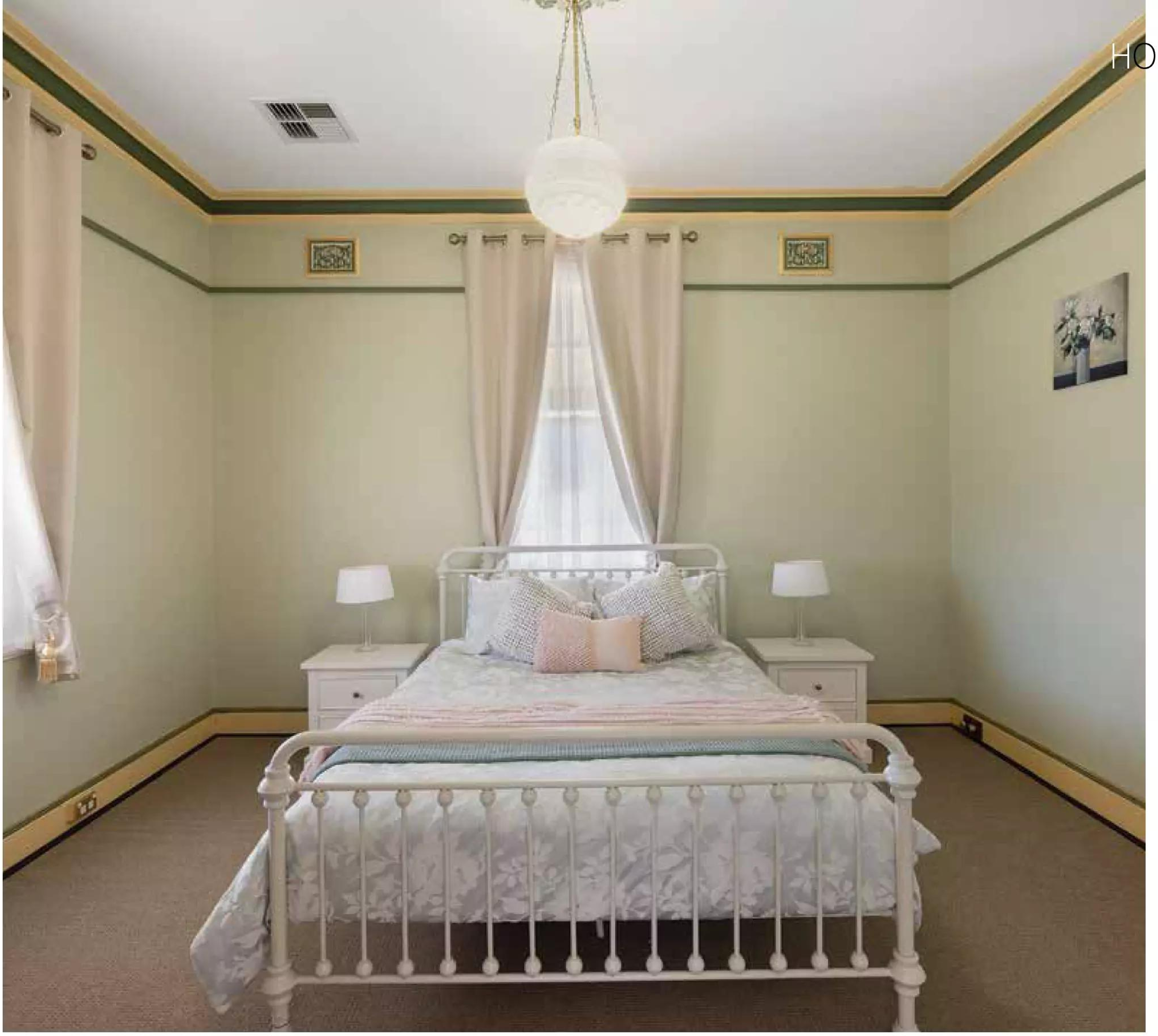
Stepping inside, visitors are enveloped by timeless beauty. The pressed-metal ceilings, intricate fireplaces, a sweeping grand staircase, and an elegant wrap-around iron lace verandah evoke a bygone era while seamlessly integrating with modern conveniences.

Ducted air conditioning, updated wiring and plumbing, and a thoughtfully designed layout

›



Stepping inside, visitors are enveloped by timeless beauty.



This home is not just a property – it is a rare piece of heritage waiting to be cherished and reinvented.

ensure the residence serves contemporary needs while retaining its historic soul.

Beyond its aesthetic splendour, this home presents unmatched flexibility. Whether it's an opulent family estate, an upscale commercial venture, or a boutique accommodation destination, this property adapts effortlessly to its owner's aspirations.

Imagine transforming this home into a prestigious boutique hotel or Airbnb that draws global travellers to an unforgettable stay steeped in Australian history.

It could become a private museum or historical retreat that offers scholars and history enthusiasts a sanctuary of knowledge and exploration. As an exclusive event venue, it would be a stunning setting for weddings, corporate gatherings, and cultural events.

It may even serve as a multi-generational family estate, with its self-contained upper level offering a perfect balance of privacy and connected living spaces.

This magnificent two-storey brick home is a fully restored landmark showcasing architectural brilliance. Its versatile layout includes expansive formal and casual living spaces, with a flexible fifth bedroom or study.

The self-contained upper level consists of four bedrooms, a private kitchen, and a separate entry, making it ideal for income generation or extended family living. The grand master suite boasts a walk-in robe and a lavish retreat.

The expansive kitchen and pantry offer a chef's dream with potential for a commercial kitchen conversion. The elegant verandah, adorned with iron lacework, overlooks beautifully landscaped gardens, creating a tranquil outdoor escape.

A private entertaining deck provides the perfect backdrop for hosting soirées under the stars. Modern comforts such as updated wiring, plumbing, and ducted air conditioning ensure ease and convenience, while secure off-street parking with a double lock-up carport adds further practicality.

This home in Lithgow is not just a property — it is a rare piece of Australian heritage waiting to be cherished and reinvented.

For investors, history aficionados, and those with an appreciation for architectural beauty, this residence stands as an extraordinary opportunity.

As Lithgow's identity continues to evolve, this grand home remains an enduring testament to the town's past while welcoming new possibilities.

Whether as a sanctuary, a business, or a cultural cornerstone, its future is bright—ready for the next visionary to leave their mark. BMl

For more information or to arrange a private viewing of this exquisite property, please contact HR Realtors & Lifestyle Property Specialists at (02) 6352 2442.

HERITAGE HAVEN

FEDERATION ELEGANCE MEETS MODERN LUXURY IN AGNES BANKS.

BY SAMANTHA JONES

Located in the heart of Agnes Banks, 22 Rickards Road is a rare gem that seamlessly blends Federation charm with contemporary luxury.

This architecturally designed residence, set on a sprawling 4047sqm, offers a lifestyle of grandeur, comfort, and rural tranquillity—perfect for those seeking a semi-rural retreat without compromising on modern conveniences.

From the moment you arrive, the home's wraparound verandas, stained glass windows, and bay windows set the tone for a property brimming with character.

The Federation-style architecture is complemented by high ceilings, ornate detailing, and rich timber floors, creating a warm and inviting atmosphere throughout.

Inside, the four-bedroom, three-bathroom layout caters effortlessly to modern family life.

The master suite boasts a walk-in robe and ensuite, while all bedrooms feature built-in wardrobes, ensuring ample storage. A dedicated study provides the perfect space for remote work or quiet contemplation.

At the heart of the home lies a gourmet kitchen, equipped with Smeg appliances, gas cooking, and a walk-in pantry—a dream for any home chef.

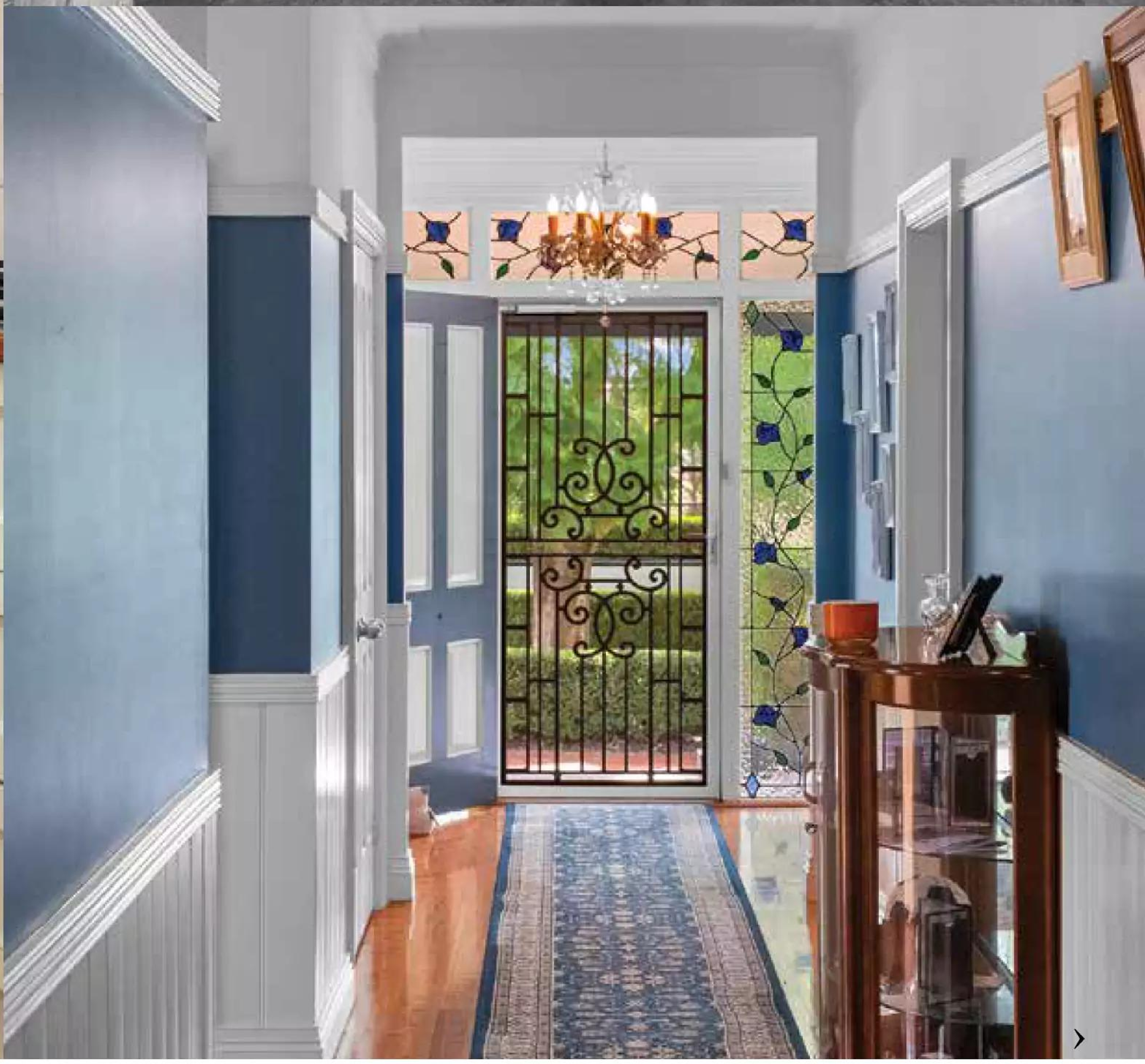
Whether hosting intimate dinners or grand gatherings, this space is designed for effortless entertaining.

The true showstopper, however, is the billiards room. With vaulted timber-lined ceilings, a bar, and a loft, this space exudes sophistication and fun.

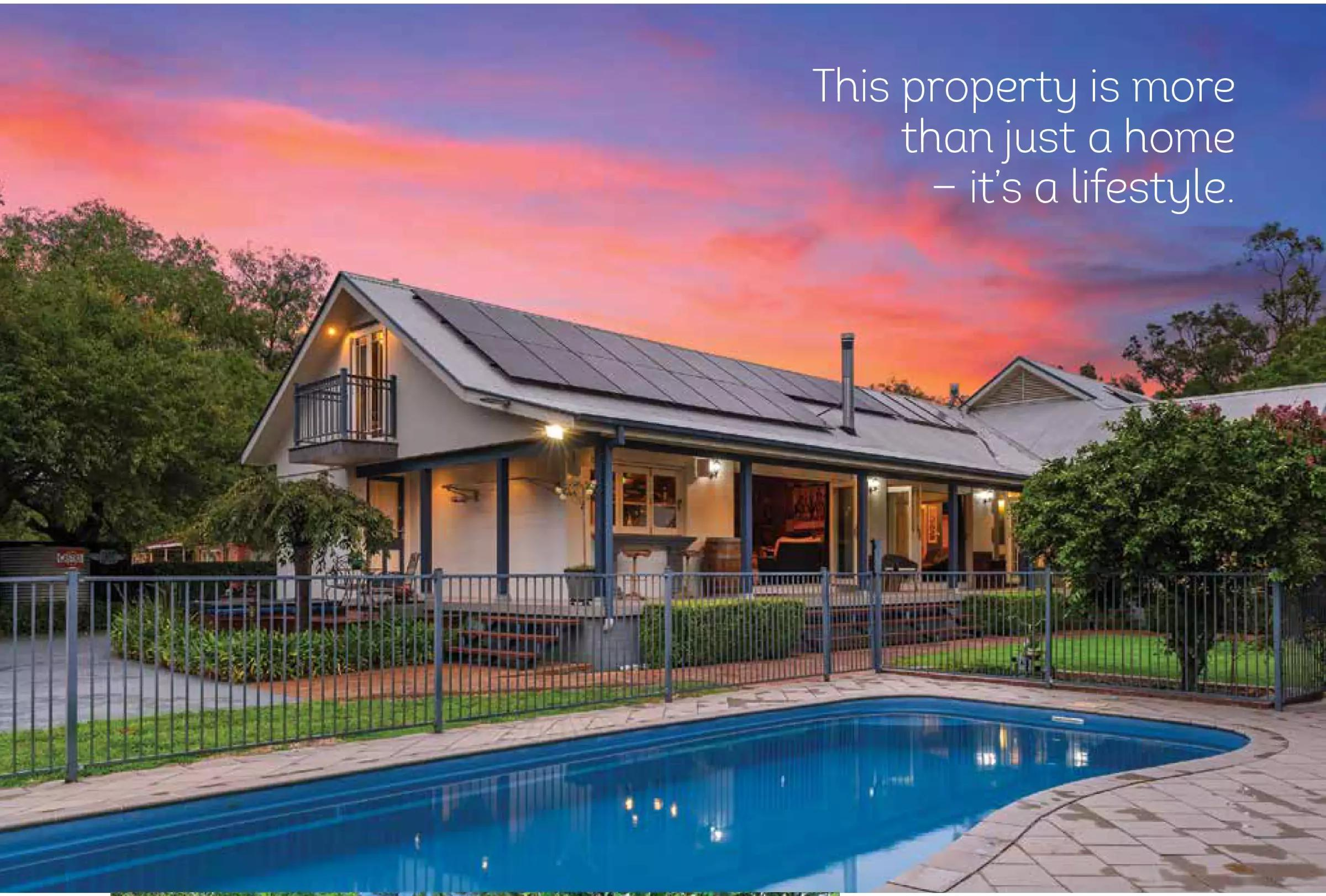
Bi-fold doors open seamlessly to the outdoor pool, gazebo, and lush gardens, creating an indoor-outdoor flow that is perfect for entertaining guests or enjoying peaceful afternoons.

Beyond its beauty, this home is designed for year-round comfort and efficiency. A ducted air system, gas heating, and an 18kW solar system ›

At the heart of the home lies a gourmet kitchen.



›



This property is more than just a home – it's a lifestyle.

ensure sustainability without sacrificing luxury.

The ducted vacuum system adds an extra layer of convenience, making household chores a breeze.

For those who appreciate space and practicality, the 24m x 9m shed with a concrete hardstand is a standout feature.

Whether used for storage, a workshop, or additional recreational space, this structure enhances the property's versatility.

Despite its tranquil setting, 22 Rickards Road is ideally positioned between Richmond and Penrith, offering the perfect balance of solitude and accessibility.

Secure electric gates and a paved circular driveway provide privacy and security, while a a huge 24m x 9m shed, vegetable garden and chicken coop add to the rural lifestyle appeal.

This property is more than just a home — it's a lifestyle. Whether you're drawn to its Federation elegance, modern amenities, or serene surroundings, this property is a rare opportunity to own a piece of architectural brilliance in a sought-after location. BMl

For more details or to arrange an inspection, contact Cutcliffe Properties on 02 4587 8855.

FIRED UP

THE FUTURE OF HOME HEATING IS HERE, CLEANER, SMARTER, AND MORE EFFICIENT.

Image: Thornton & Blake page 46

37 YEARS STRONG

Lower Mountains AIR CONDITIONING

Heating and Cooling Specialists

The company originally opened in Blaxland East.

Since that time, it has relocated to Smith Street, Emu Plains and then again to a larger premises in Russell Street, Emu Plains where we remain today.

We are proud to be dealers of six major brands: Mitsubishi Electric, Panasonic, LG, Daikin, Actron Air and Braemar.

And service any brand, even if it wasn't our installation.

Andrew and Anthea are the owners of Strathdee Electrical, a family-owned business now in its third generation, handed down from Andrew's grandfather since 1943. That's a huge 82 years.

Andrew is a qualified electrician and experienced refrigeration, air conditioning and electrical technician.

He has extensive experience in the field, installing and servicing domestic, industrial and commercial air conditioning, refrigeration equipment and electrical work.

DIAMOND DEALER

Andrew and Anthea are responsible for the general running of the business including on-site sales and quotations.

In addition to this, they also participate in servicing and trouble-shooting any technical difficulties in most brands.

They are supported by a reliable, loyal and qualified team of 14 staff including tradespeople, apprentices, trade assistants and friendly office staff.

Please feel welcome to come visit our showroom to view systems we have quoted on or to ask any questions regarding this quotation.

Air Conditioners Built For Australia

MITSUBISHI ELECTRIC
Wi-Fi CONTROL
Control your comfort
Anywhere, anytime
works with the Google Assistant
amazon alexa

MITSUBISHI ELECTRIC
Ducted
Air Conditioning

MITSUBISHI ELECTRIC
Split
Systems

Lower Mountains Air Conditioning has been a Mitsubishi Electric DIAMOND DEALER for more than 25 years!

With the ongoing customer and after sales support Mitsubishi Electric is our preferred brand and here is why.

Mitsubishi Electric has a proud history in the manufacturing and supply of leading edge equipment for both domestic and commercial use. Whether it's consistent heating and cooling for the home or office, Mitsubishi Electric offers you state-of-the-art technology that is quiet, simple to use, energy efficient and above all, reliable.

The MSZ-AP wall mounted split system range provides a versatile, yet affordable air conditioning solution to ensure a comfortable environment with the minimum of disruption (as low as 18dBA for model 25 in heating mode only).

Mitsubishi Electric reverse cycle ducted air conditioning systems provide the ultimate in comfort, in every room for every season, year round for the whole home. Ideal for multiple room applications and can incorporate zone selection if required.

The convenience and comfort of touch-button climate control brings you warm, even heat during Winter and clean, cool air during Summer. Advanced features like Wi-Fi Control, gives you the ability to monitor and control your Mitsubishi Electric air conditioner anywhere!

SMART AIR CONDITIONING

Mitsubishi Electric Wi-Fi Control can be used as a smart air conditioning system with Amazon Alexa or Google Assistant. Whether you want to set the temperature, turn your air conditioner on or off, or hear what the air conditioner is set to, just ask Alexa or Google. Find out everything you need to know to enable voice control with Mitsubishi Electric air conditioning from Lower Mountains Air Conditioning.

Exclusive to LMAC we have a 20 YEAR WARRANTY on all NEW ductwork with any installation!

PLEASE FEEL WELCOME TO VISIT OUR SHOWROOM TO DISCUSS YOUR HEATING AND COOLING NEEDS
Showroom: Unit 2/129 Russell Street, Emu Plains NSW
(02) 4735 6411 www.Lmac.com.au

Lower Mountains
AIR CONDITIONING
4735 6411

Lower Mountains
AIR CONDITIONING
4735 6411
LG
Life's Good
MITSUBISHI ELECTRIC
DIAMOND DEALER
PICTURES
MyPlace
SHOWROOM
4735 6411

SALES • INSTALLATION • SERVICE • REPAIRS

CALL US TODAY FOR A FREE QUOTE

4735 6411 or email info@Lmac.com.au

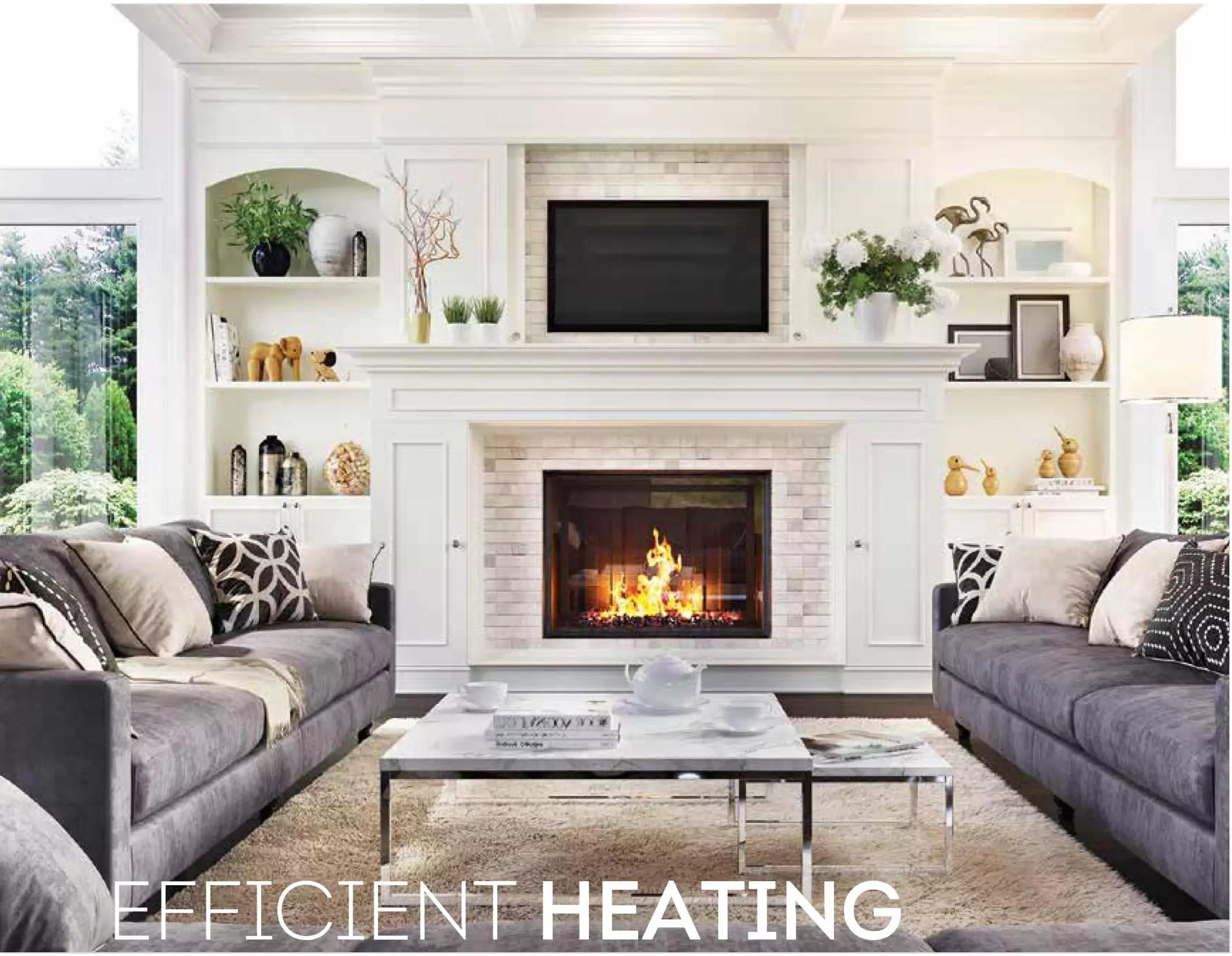
Find us on f

HEATING & COOLING SPECIALISTS

MITSUBISHI ELECTRIC
DIAMOND DEALER

Showroom: 2/129 Russell Street, Emu Plains www.Lmac.com.au

ActronAir LG Life's Good Braemar HEATING COOLING Panasonic MITSUBISHI ELECTRIC DAIKIN



EFFICIENT **HEATING**

THE EVOLUTION OF FIREPLACES: EFFICIENCY, SUSTAINABILITY, AND MODERN HEATING SOLUTIONS.

Is it time to replace your old wood fireplace with a more efficient heating solution?

Thirty years ago, wood burning fireplaces were primarily cherished for their ambience, rather than efficiency. The modern fireplace has evolved: new technology and an evolution in design have transformed these fixtures into efficient, eco-friendly heating solutions with a focus on energy efficiency, sustainability as well as aesthetic appeal.

Let's explore how the advancements in technology and design may save time, money, and environmental impact when it comes to carbon emissions.

Cleaner Burning

One of the most significant advancements in modern wood fireplace technology is the reduction of emissions. Older fireplaces were notorious for releasing large amounts of particulate matter and pollutants into the atmosphere. The EPA (Environmental Protection Agency) standards for emissions have ensured the evolution of wood fireplace design. Today, newer fireplace models are designed to burn wood more completely, resulting in significantly lower emissions, in some cases, up to 80% less!

Efficient Design

New research and technology, as well as carbon legislation, means modern wood fireplaces are engineered with efficiency in mind. Features such as insulated fireboxes, air-sealed doors, and advanced combustion systems optimise the burning process, reducing the amount of wood being burned.

Thirty years ago, a wood fire suitable to heat a 300 square metre home was rated at 45% efficiency. Today the same sized wood fire is rated at 89% efficiency. When we translate that in terms of wood usage, the modern fireplace is burning two thirds less than the older wood fire…in the cold climate of the Blue Mountains that's a lot of firewood!

Heat Distribution

Efficiency is also about how effectively the fireplace distributes heat throughout the home. Today's fireplaces often feature built-in fans or blowers that circulate warm air more efficiently than natural convection alone. Furthermore, the advancements in design also ensure that more heat is retained within the home rather than escaping up the chimney. This means that the heat moves further within the home, increasing comfort whilst reducing the need for additional heating sources.

Looking into the Future of Fireplaces

A new era in fireplace technology has arrived in the Blue Mountains. Sustainable, efficient and less laborious to wood fireplaces, pellet fireplaces are the intelligent, low fuss solution to heating, offering an eco-friendly and convenient alternative to traditional heating methods.

Eco-friendly heating solutions with a focus on energy efficiency, sustainability as well as aesthetic appeal.

Leura Showroom,
59 Meglaong Street
t. 02 4784 3999

T&B

OPEN 6 DAYS
Mon - Fri
7.30am - 4pm
Sat 9am - 3pm

Get $300 the RRP of all Wood, Gas, Electric & Pellet Fireplaces

shop local

Book an initial 20 minute consult with a specialist to discuss your heating needs via the QR code

THORNTON & BLAKE
Everything you need for a home you love
www.thorntonandblake.com.au

Get $300 off all fireplaces only at Thornton & Blake
*Conditions apply. Not to be used in conjunction with any other offer.

Thornton & Blake are exclusive Blue Mountains suppliers of leading Piazzetta pellet fireplaces.

Modern wood fireplaces and pellet fireplaces represent a harmonious blend of tradition and innovation. By combining advanced technology with the timeless appeal of a flame, these fireplaces offer you an efficient and environmentally responsible way to heat your homes. Whether you are seeking to reduce heating costs, lessen environmental impact, or simply enhance the ambience of a living space, both modern wood fireplaces and pellet fireplaces prove that efficiency and charm can indeed go hand in hand. As we continue to prioritise sustainability in our homes, these fireplaces stand as a testament to the possibilities of marrying old-world warmth with new-age efficiency.

Making time to explore the different options in wood heating efficiency with a Thornton & Blake fire specialist has never been easier! Click the link to book an initial chat, either in our showroom or over the phone.

ROYALE SPECIALTY

Call us now to find out about our amazing EOFY Sales!

Better Living BLINDS
Improve Your Outlook!

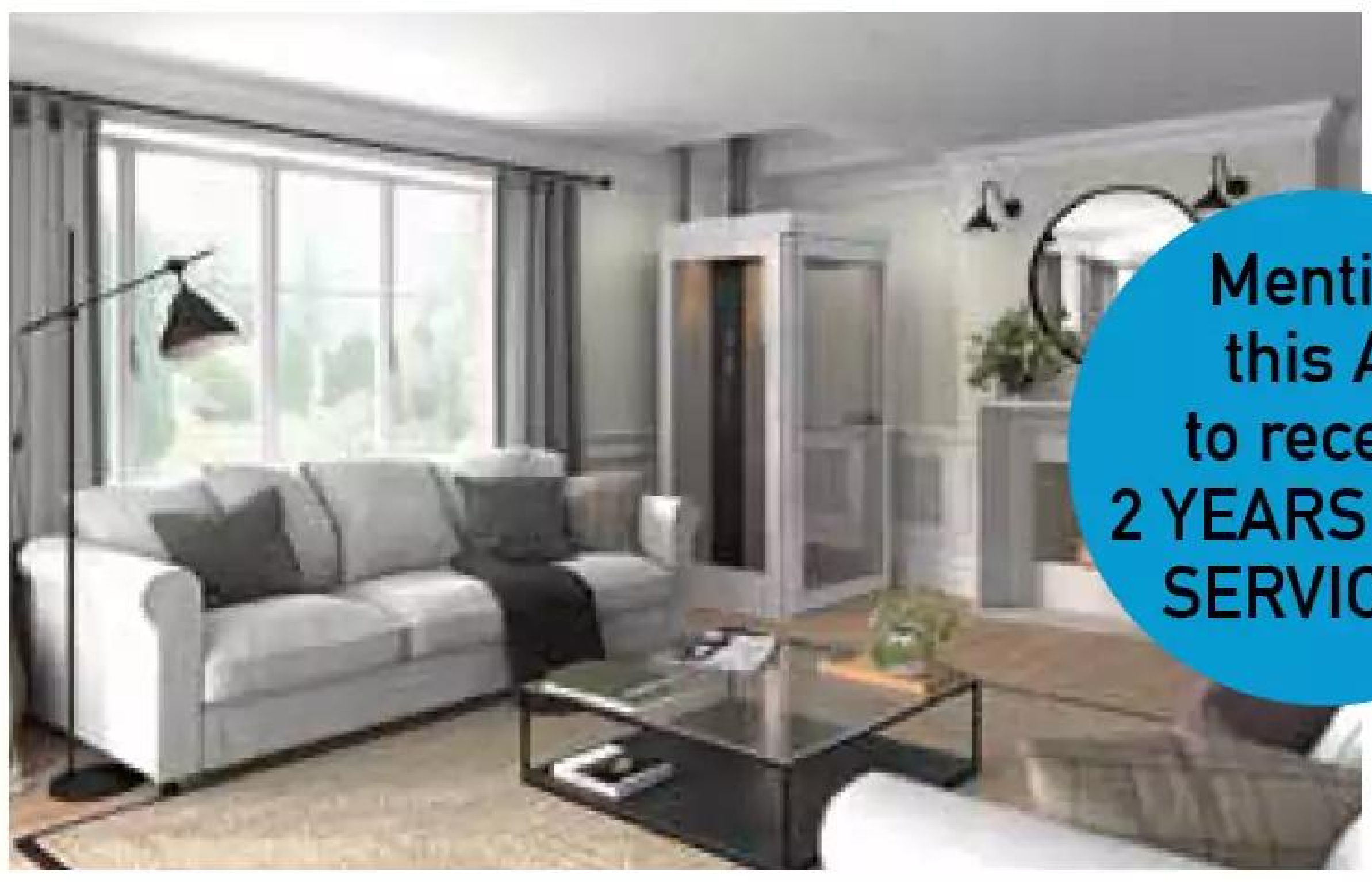
Shop 1, 7 Great Western Highway, Valley Heights NSW 2777
(02) 4751 5955
✉ info@betterlivingblinds.com.au 🌐 www.betterlivingblinds.com.au
ABN: 89 074 574 057

Image: Bespoke Building & Contracting page 50

HOME IMPROVEMENT

BE INSPIRED AND TRANSFORM YOUR HOUSE INTO A BEAUTIFUL HOME.

Velocity
HOME LIFTS



Mention this Ad to receive 2 YEARS FREE SERVICING

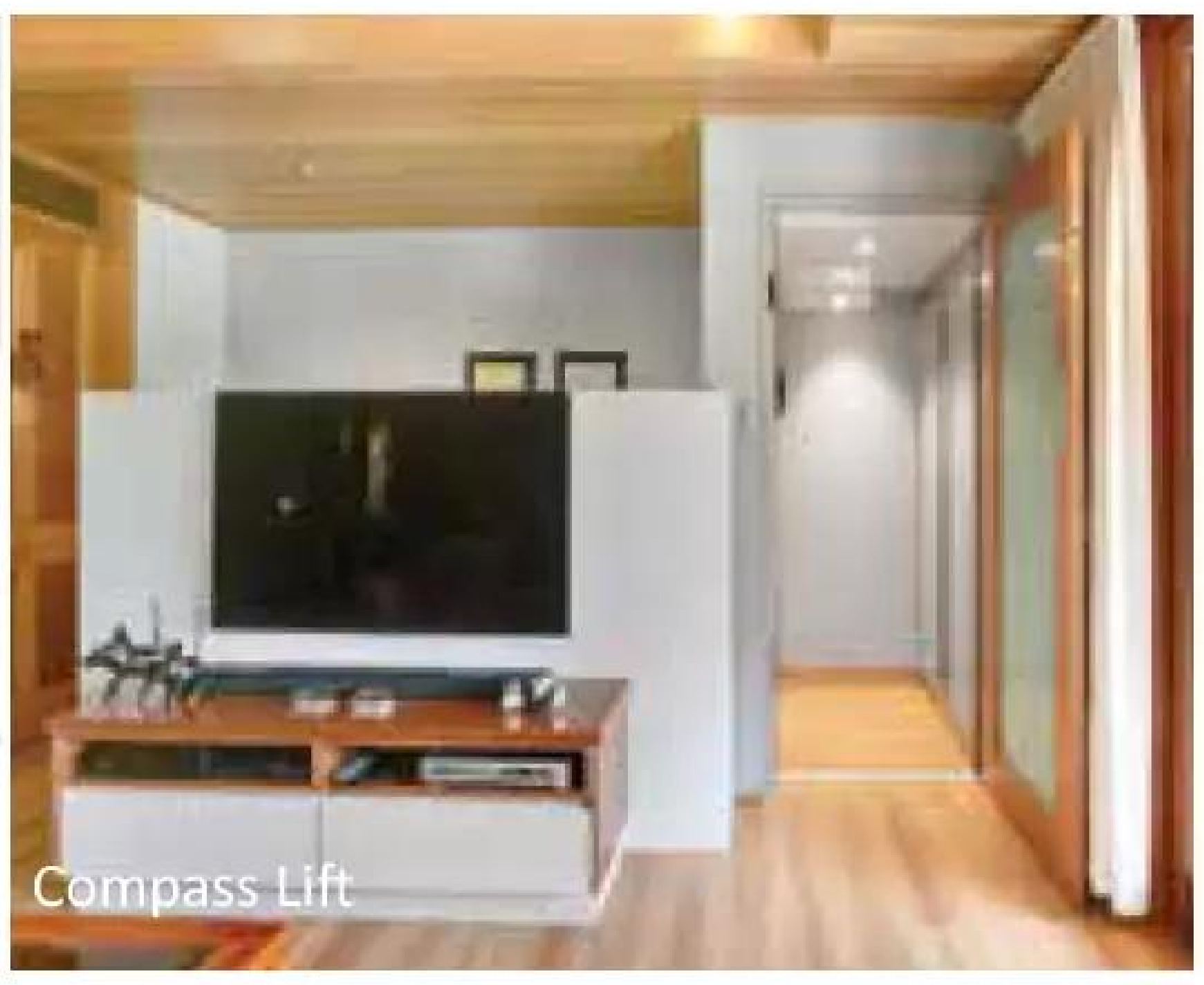
Your Forever Lift, In Your Forever Home

www.velocityhomelifts.com.au

SHOWROOM
BATT STREET PENRITH

1300 008 607

Iconic Lift



Compass Lift

Your **Forever Lift,** In Your **Forever Home**

Velocity Home Lifts, based in Penrith, offers high-quality, reliable residential lifts designed to enhance home accessibility and comfort. Founded in 2015 by John and James Garrett, the company provides Australian-made lifts that meet the highest safety standards.

Their products include the Compass Lift, a customizable, space-efficient solution ideal for multi-level homes, and the Iconic Lift, a sleek, shaftless design perfect for retrofitting existing homes.

Both models feature a self-rescue system, quiet operation, and built-in safety features, including backup power and emergency systems.

Velocity Home Lifts stands out for its commitment to innovation, customer satisfaction, and a comprehensive 25-year warranty.

Their core values—continuous improvement, ethical conduct, quality, customer passion, and responsibility—ensure that each product and service is designed to meet the evolving needs of homeowners.

Whether upgrading or building a new home, Velocity Home Lifts delivers functional, stylish, and reliable lift solutions for enhanced mobility and freedom.

LOVE WHERE YOU LIVE

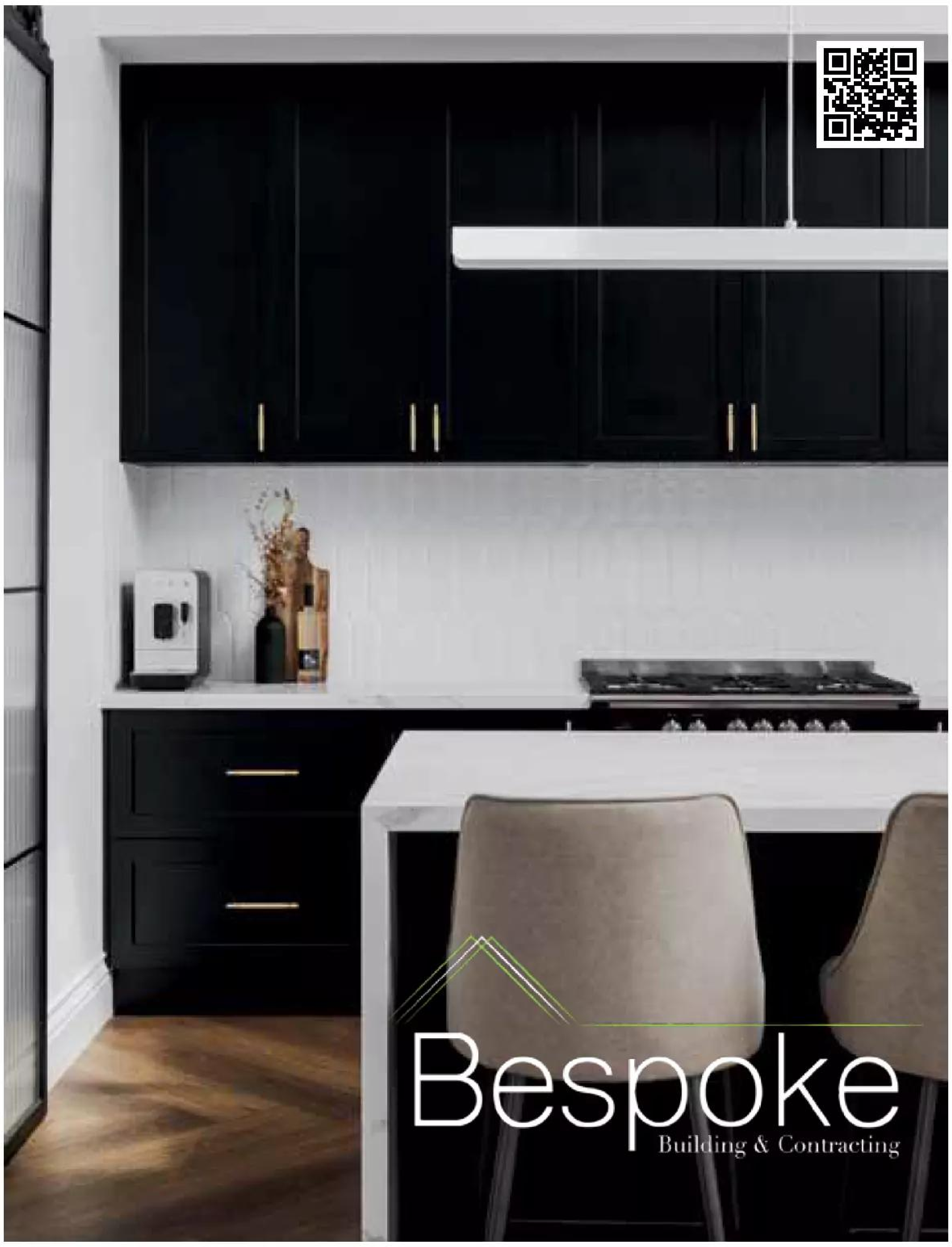
If you adore your location but your home no longer fits your lifestyle, why move when you can transform?

Whether you're dreaming of a stunning extension, a character-filled restoration, or a modern renovation that blends seamlessly with your existing home, Bespoke Building & Contracting is here to help you fall in love with your space all over again.

As an award-winning, family-owned construction company based in Bathurst, Bespoke Building brings craftsmanship, creativity and heart to every project. Specialising in custom renovations and extensions, their expert team works closely with you from concept to completion—turning ideas into beautiful, functional living spaces that truly reflect your needs.

Ready to create the space you've always dreamed of? Discover how Bespoke Building & Contracting can make it happen. Visit bespoke-building.com.au today and love where you live.

1/31 Corporation Ave Robin Hill NSW 2795
☎ 0437 799 346
✉ admin@bespoke-building.com
🌐 www.bespoke-buiding.com



TIMELESS **ELEGANCE**

REDEFINING LUXURY LIVING: SALT & STONE INTERIORS

Salt & Stone Interiors is at the forefront of luxury interior design, creating bespoke spaces across Western Sydney, South West Sydney, and the Blue Mountains. Specializing in new builds and large-scale renovations, we bring a tailored, client-focused approach to every project.

Our design philosophy revolves around timeless elegance, functionality, and personalised style. Whether working on a blank canvas or transforming an existing space, we ensure every detail reflects your vision while enhancing the overall aesthetic. From custom joinery to bespoke finishes, we partner with architects, builders, and homeowners to deliver stunning results that elevate everyday living.

Leura Project: A Showcase of Elegance

Our latest project, a sophisticated home in Leura, NSW, highlights our expertise in blending modern luxury with natural surroundings. Nestled in the picturesque Blue Mountains, the design embraces earthy tones and organic textures throughout.

This home features a bespoke selections with every element meticulously chosen to reflect our client's lifestyle while honouring the natural beauty of its location.

At Salt & Stone Interiors, we don't just design spaces; we craft experiences. Discover how we can transform your home into a luxurious retreat at www.saltandstoneinteriors.com.au

SALT & STONE
INTERIORS

Elevating your home through luxurious designs; seamlessly blending timeless charm with a modern touch.

Residential Interior Design
New Builds & Renovations

Greater Sydney & Blue Mountains

emily@saltandstoneinteriors.com.au
www.saltandstoneinteriors.com.au
0402 302 438

The 20-kilo challenge

WeightWatchers

Small daily habits for big weight-loss goals

Includes 100 delicious recipes

The 20-Kilo Challenge

Science-backed advice, inspiring real-life stories and 100 tried-and-tested recipes from the world's leading sustainable weight-loss program.

The 20-Kilo Challenge **by WW (WeightWatchers reimagined), published by Macmillan Australia, RRP $39.99, photography by Jeremy Simons.**

REAL FOOD, REAL RESULTS

SCIENCE-BACKED RECIPES FROM THE LEADING WEIGHT-LOSS PROGRAM

TUNA & BLACK BEAN STUFFED CAPSICUMS

Recipe Page 57

CAFE-STYLE SMASHED AVO WITH POACHED EGGS

Recipe Page 57

SWEET POTATO WEDGES WITH GRILLED CORN SALAD

Recipe Page 57

Little Piggy Deli

i in the heart of Blackheath, Little Piggy Deli (rebranded from This Little Piggy) has been a beloved local gem since its establishment in 2017. Run by the passionate duo Maria Njari and Dan Pardey, this small European-style deli has become a cornerstone of the community.

The deli boasts an impressive selection of international and Australian gourmet produce. From artisan cheeses sourced from around the globe to cold cuts and smoked fish, the variety is sure to delight food enthusiasts.

One of the standout features of Little Piggy Deli is its focus on beverages. They serve single-origin coffee that promises a rich and flavourful experience. And for those with a sweet tooth, their indulgent desserts are a must-try, offering a perfect end to any dining experience.

Little Piggy Deli also provides catering services, making it an ideal choice for events and gatherings. Whether it's a small family celebration or a larger community event, Maria and Dan's expertise ensures that the food will be a highlight.

Little Piggy Deli, 8 Govetts Leap Rd, Blackheath. Phone: 0466 261 076
FB and Insta - @littlepiggydeli

LITTLE PIGGY
DELI

8 GOVETTS LEAP RD
BLACKHEATH NSW 2785
0466 261 076
@LITTLEPIGGYDELI

eden
BLUE MOUNTAINS

Praise for Eden

"Excellent coffee, delicious Acai with an extensive range of toppings, and a wide selection of quality cakes."

"Super friendly staff and a huge range of GF options."

3D Raymond Rd
Springwood, NSW 2777
P 4751 6254
E edencafe.bm@gmail.com

Opening Hours
Monday–Friday: 7am–5pm
Saturday: 8am–2pm

Follow us on social
edenbluemountains

eden
BLUE MOUNTAINS

ROCKY ROAD FRO-YO BARK
Recipe PAGE 57

TUNA & BLACK BEAN STUFFED CAPSICUMS

Page 40

4 large red capsicums
425g can tuna in springwater, drained, flaked
400g can black beans, drained and rinsed
1 zucchini, coarsely grated
2 large vine-ripened tomatoes, deseeded, chopped
¼ cup chopped fresh flat-leaf parsley
50g reduced-fat feta cheese, crumbled

1. Preheat oven to 200°C. Line a large baking tray with baking paper. Cut tops from capsicums and set aside. Discard seeds and membranes. Place capsicums, cut-side up, on prepared tray. Bake for 10 minutes.
2. Meanwhile, combine tuna, beans, zucchini, tomato and parsley in a large bowl. Season with salt and pepper.
3. Spoon tuna mixture into capsicums. Sprinkle with feta, cover with capsicum tops and bake for a further 15 minutes or until capsicums are tender and filling is hot. Serve.

CAFE-STYLE SMASHED AVO WITH POACHED EGGS

Page 41

1 medium avocado
¼ teaspoon ground cumin
1 tablespoon lime juice
1 cup (30g) baby rocket leaves
1 teaspoon red wine vinegar
2 eggs
2 x 40g slices white sourdough bread, toasted
1 tablespoon dukkah
1 teaspoon balsamic glaze

1. Mash avocado, cumin and lime juice in a small bowl with a fork. Season with salt and pepper.
2. Add rocket and vinegar to a bowl and toss to combine.
3. Half-fill a medium frying pan with water and bring to a gentle simmer over medium heat. Crack 1 egg into a cup, then carefully slide into water. Repeat with remaining egg. Reduce heat and poach eggs for about 3 minutes or until egg whites are set and yolks are cooked to your liking.
4. Spread smashed avocado evenly over toast slices.
Top with poached eggs and dukkah. Drizzle with balsamic glaze and serve with rocket.

SWEET POTATO WEDGES WITH GRILLED CORN SALAD

Page 42

600g orange sweet potato (kumara)
1 teaspoon Mexican chilli powder
3 large corn cobs
400g can red kidney beans, drained and rinsed
250g cherry tomatoes, quartered
2 green shallots (spring onions), thinly sliced
1 medium avocado, finely chopped
2 tablespoons lime juice
120g reduced-fat feta, crumbled
Fresh coriander sprigs, to serve

1. Preheat oven to 200°C. Line a large baking tray with baking paper. Scrub sweet potato and cut into 2 cm thick wedges. Transfer wedges to prepared tray, lightly spray with oil, sprinkle with chilli powder and toss to coat. Arrange wedges in a single layer. Bake for 35–40 minutes, turning halfway through, until tender and golden brown.
2. Meanwhile, lightly spray a non-stick grill pan with oil and heat over medium–high heat. Cook corn for 12 minutes, turning occasionally, until lightly charred. Set aside until cool enough to handle, then cut kernels from cobs.
3. Combine corn, beans, tomatoes, shallots and avocado in a bowl. Drizzle with lime juice and gently toss to combine.
4. To serve, top wedges with salad and sprinkle with feta and coriander.

ROCKY ROAD FRO-YO BARK

Page 44

1 cup (240g) 99% fat-free plain yoghurt
1 tablespoon sugar-free maple syrup
2 teaspoons cocoa powder
60g no-added-sugar raspberry jellies, chopped
2 tablespoons chopped unsalted roasted peanuts
15g mini marshmallows
35g no-added-sugar milk chocolate, chopped

1. Line a baking tray with baking paper.
2. Whisk yoghurt, syrup and cocoa in a medium bowl until combined. Spread mixture over prepared tray into a rectangle, about 20 cm x 30 cm. Sprinkle with raspberry jellies, peanuts and marshmallows, and gently press into yoghurt.
3. Place chocolate and 1 tablespoon water in a heatproof bowl.
Sit bowl over a saucepan of simmering water (don't let the water touch the base of the bowl). Stir with a metal spoon until chocolate is just melted. Drizzle over yoghurt mixture.
4. Place in freezer for 3–4 hours, until firm. Break into bite-sized pieces to serve.

EXPLORE NSW GEMS

DISCOVERING THE HEART OF NSW ISN'T THAT HARD.

BY HELENA ASHBERY

Our region boasts some of Australia's most breathtaking landscapes, and among its most alluring destinations are the Blue Mountains, Bathurst, and Orange regions.

Whether you crave dramatic scenery, rich history, or world-class food and wine, this trio of destinations offers an unforgettable journey through the heart of NSW.

Less than two hours from Sydney, the Blue Mountains is a sanctuary for nature lovers. Towering sandstone cliffs, lush rainforests, and hidden waterfalls make this World Heritage-listed region a must-see.

The iconic Three Sisters rock formation in Katoomba is just the beginning—visitors can explore Scenic World, where a cableway descends into ancient forests, or test their nerves on the world's steepest railway.

For adventurers, the Grand Canyon Walk presents a dazzling trek through fern-filled gorges, while the Jenolan Caves, among the oldest caves in the world, offer guided tours through stunning limestone formations.

Beyond nature, the Blue Mountains exudes charm through its villages. Leura, with its boutique shops and charming cafes, is perfect for a leisurely afternoon, while Blackheath beckons art enthusiasts with galleries showcasing local talent.

Whether unwinding at a luxurious retreat or sipping fine wine by a crackling fire, the Blue Mountains is the ultimate escape from the city's rush.

Moving west, Bathurst is synonymous with Australian motorsport. Home to Mount Panorama, this iconic circuit is a pilgrimage site for racing fans. While Bathurst roars to life during the Bathurst 1000, the town offers much more than high-speed thrills.

Steeped in history, Bathurst is Australia's oldest inland settlement, featuring grand colonial architecture and Abercrombie House, an imposing historic mansion.

The Australian Fossil and Mineral Museum houses rare specimens, including a full Tyrannosaurus rex skeleton. Bathurst's charm extends to its cafés and restaurants, where paddock-to-plate dining highlights fresh local produce.

Further west, Orange is a dream for gastronomes. With its cool-climate vineyards and boutique wineries, it rivals more well-known wine regions in Australia. Visitors can sip award-winning wines, accompanied by sweeping countryside views.

Orange is also celebrated for its dining scene, where hatted restaurants and farm-to-table experiences showcase the best of regional NSW. Famer's markets, held regularly, provide a chance to sample local cheeses, truffles, and artisanal delights.

From rugged mountain landscapes to motorsport excitement and gourmet indulgence, the Blue Mountains, Bathurst, and Orange each offer something unique.

Whether it's adventure, history, or fine dining, this journey through central-western NSW promises rich experiences that linger long after the trip ends.

A WINTER WONDERLAND

THE MAGIC OF YULEFEST AT FAIRMONT RESORT BLUE MOUNTAINS.

Gala Yule Ball

Perched high above the misty valleys and rugged escarpments of the Blue Mountains, a heartwarming tradition comes alive each winter - Yulefest at the Fairmont Resort. Steeped in nostalgia and festive cheer, this beloved celebration has become a seasonal highlight for both locals and visitors, offering a magical escape into the spirit of a northern hemisphere Christmas, right in the heart of the Australian winter.

The origins of Yulefest trace back to 1980, when a group of Irish travellers staying at what was then The California Hotel (now the Mountain Heritage Hotel in Katoomba) were enchanted by the sight of snowflakes drifting past their window. The wintry scene stirred memories of Christmas back home and sparked a whimsical idea: why not celebrate a traditional Christmas during the Australian winter? From that moment, Yulefest was born.

The Fairmont Resort embraced the concept in grand style, hosting its inaugural black-tie Yule Ball on August 6, 1988, just one week before the resort officially opened its doors. Since then, the Fairmont has evolved into one of the region's most iconic Yulefest destinations, transforming its grand ballroom into a dazzling winter wonderland each year.

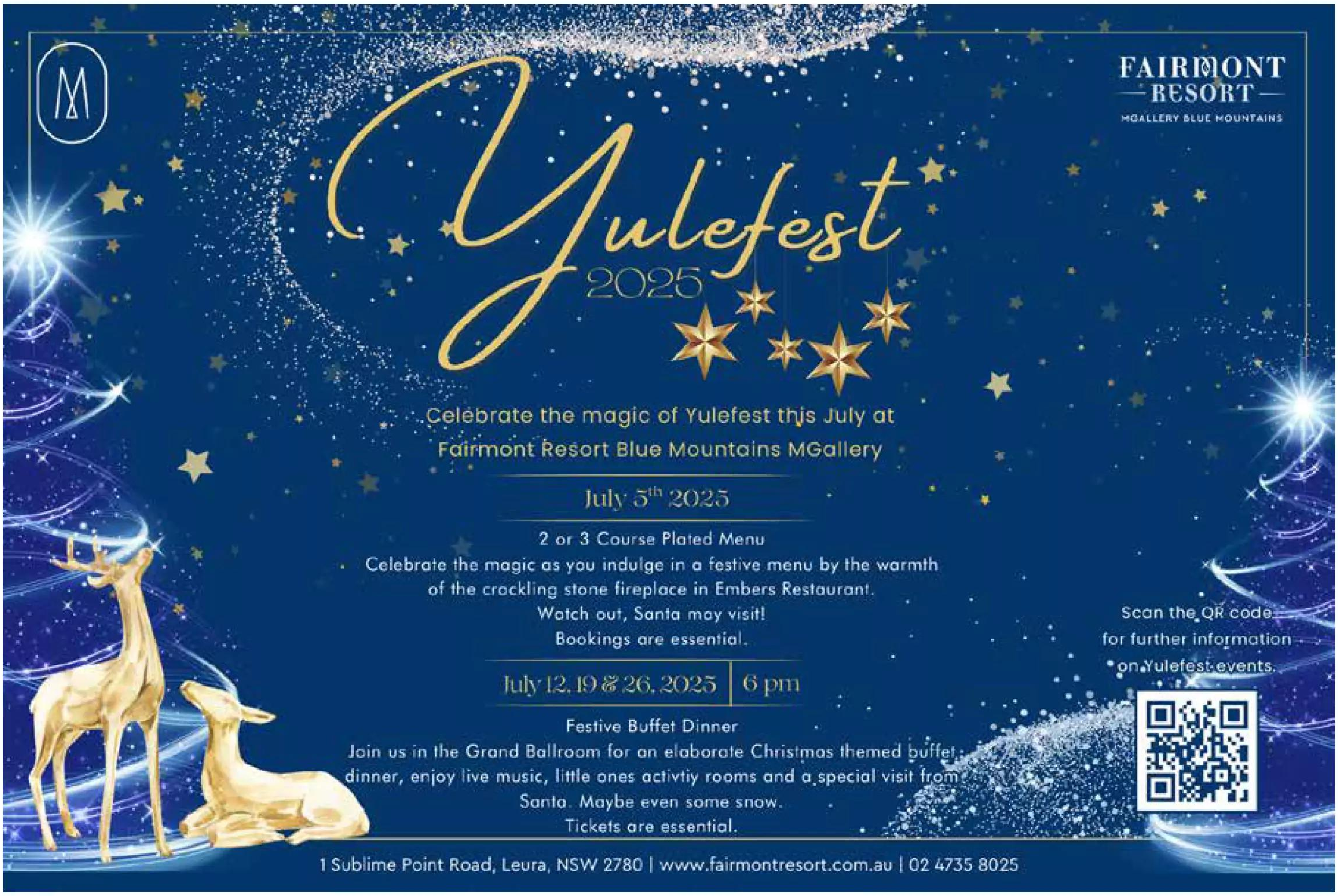
Yulefest at the Fairmont is more than just an event, it's an immersive experience. Guests are welcomed into a world of twinkling lights, a welcoming fireplace, and festive décor that captures the essence of a traditional European Christmas. The atmosphere is warm and inviting, filled with laughter, music, and the comforting aromas of seasonal fare.

Dining is a centrepiece of the celebration. Guests can savour gourmet cuisine fireside at Embers Restaurant, or indulge in the lavish Grand Ballroom buffet, brimming with holiday favourites and winter warmers. From slow-roasted meats and decadent desserts to mulled wine and spiced treats, every bite evokes the flavours of the festive season.

And, of course, no Yulefest would be complete without a visit from Santa Claus. With his signature belly laugh and twinkling eyes, Santa delights guests of all ages—bringing joy to children and stirring fond memories in adults.

Over the decades, Yulefest at the Fairmont has become a cherished tradition—a time for families to reconnect, friends to gather, and guests to create lasting memories. Whether you're discovering it for the first time or returning for another year, the magic of Yulefest remains as captivating as ever.

As the Blue Mountains don their winter coat and the Fairmont Resort glows with festive spirit, Yulefest invites you into a storybook celebration.



FAIRMONT
RESORT
MGALLERY BLUE MOUNTAINS

Yulefest
2025

Celebrate the magic of Yulefest this July at
Fairmont Resort Blue Mountains MGallery

July 5th 2025

2 or 3 Course Plated Menu
Celebrate the magic as you indulge in a festive menu by the warmth
of the crackling stone fireplace in Embers Restaurant.
Watch out, Santa may visit!
Bookings are essential.

July 12, 19 & 26, 2025 | 6 pm

Festive Buffet Dinner
Join us in the Grand Ballroom for an elaborate Christmas themed buffet
dinner, enjoy live music, little ones activtiy rooms and a special visit from
Santa. Maybe even some snow.
Tickets are essential.

Scan the QR code
for further information
on Yulefest events.

1 Sublime Point Road, Leura, NSW 2780 | www.fairmontresort.com.au | 02 4735 8025

THE CARRINGTON

KATOOMBA · BLUE MOUNTAINS

More than just a heritage hotel

The Carrington precinct is a vibrant destination for dining, bars and live entertainment.

Celebrate milestone moments, enjoy casual dining or savour classic and signature cocktails.

SCAN TO BOOK

SCAN TO BOOK

Carrington Hotel Grand Dining Room

Experience the timeless elegance of the Carrington's beautifully restored Victorian Grand Dining Room.

Two or three course set menu with an extensive wine list. Bookings recommended.

Tuesday - Sunday from 5:30pm

Champagne Charlie's Cocktail Bar

Katoomba's oldest cocktail bar.

Offering classic and signature cocktails, barista-made coffee and the best Devonshire Teas in the Mountains.

Open daily from 11:100am

All day casual dining menu until 4:30pm

The Old City Bank Bar & Brasserie

Casual dining with pub style classics every day of the week.

Bar & Beer Garden open for lunch from noon.
Brasserie open for dinner from 6:00pm.
Dinner bookings recommended.

Live music Friday and Saturday nights.

OPEN 7 DAYS | thecarrington.com.au

15-47 Katoomba Street, Katoomba | T 02 4782 1111 | reservations@thecarrington.com.au

THE **HATTERY**

HOME TO ICONIC HEADWEAR AND EXCLUSIVE DESIGNS.

In the heart of Katoomba, The Hattery stands as Australia's premier destination for high-quality headwear. With decades of expertise in hat design and fitting, this iconic store has curated an impressive collection that caters to a diverse clientele—from rugged adventurers to fashion-forward trendsetters.

The Hattery is renowned for its selection of Akubra hats, a true Australian icon that has been a staple in the store for over 30 years. It also proudly stocks Victorian based Barmah headwear, specialists in crafting durable bush hats from kangaroo and cattle leather.

From the classic North American designs of Brixton & Stetson to the high-end artisans of Dents and Christy's from the United Kingdom, the store's inventory is a testament to its commitment to craftsmanship and variety.

Adding to its legacy, The Hattery has introduced the Wentworth Hat Company, a brand designed exclusively for the store. This premium collection embodies uncompromising quality and timeless style, ensuring customers have access to headwear that blends tradition with modern sophistication.

Beyond these major brands, The Hattery's Katoomba store features a rotating selection of independent milliners and seasonal designs, offering unique and luxurious accessories that are often unavailable online. Possum-Merino & Cashmere specialists in the winter to fine straws and silks in the summer. The Katoomba store is ever evolving.

Whether you're a seasoned hat enthusiast or a first-time buyer, The Hattery provides an unparalleled shopping experience. With expert staff, a rich selection, and a dedication to quality, it remains a must-visit destination for those seeking the perfect hat in the heart of the Blue Mountains.

WENTWORTH
HAT COMPANY

PREMIUM HEADWEAR DESIGNED BY &
EXCLUSIVE TO THE HATTERY KATOOMBA

THE HATTERY
KATOOMBA
EST. 1989

STYLES FOR THE CITY AND THE COUNTRY

2/ 197 Katoomba St, Katoomba, 2780   02 4782 5003

www.instagram.com/the_hattery_katoomba/

WINTER WONDERS AWAIT

EMBRACE THE MAGIC OF THE BLUE MOUNTAINS.

"The Queen's Nanny" takes the stage this June at Blue Mountains Theatre.
Photo: Phil Erbacher

Traditional Men's Grooming Products & Premium Stationery

THE STRAY WHISKER

Wednesday–Friday 9.30am–5pm • Saturday & Sunday 9.30am–3.30pm
2 GOVETTS LEAP RD, BLACKHEATH, NSW

STYLE & PURPOSE

In an age of hurried mornings and disposable everything, The Stray Whisker in Blackheath champions the art of the daily ritual. Their range of traditional products encourages customers to reclaim time for themselves.

The act of shaving, once a chore, becomes a meditative practice, a chance to start the day with intention - and the practice of journalling becomes a guilty pleasure.

Whether you're a seasoned wet shaver or a curious newcomer, the owners, Con and Kim are eager to guide you through the options, sharing tips and stories along the way. It's not just about looking good—it's about feeling good, inside, and out.

Beyond grooming, The Stray Whisker is a sanctuary for lovers of fine stationery. In an increasingly digital world, there's something profoundly satisfying about putting pen to paper.

The shop's collection includes elegant notebooks, luxurious writing instruments, and leather-bound journals that invite reflection and creativity.

For many, stationery is more than a tool—it's a companion on life's journey. The right notebook can become a trusted confidant, a sketchbook for dreams, or a ledger for plans. The Stray Whisker understands this, offering products that are as beautiful as they are functional. Whether you're jotting a quick note or crafting a letter to a loved one, you'll find inspiration in every page.

As we navigate the demands of modern life, spaces like The Stray Whisker are more important than ever. They invite us to slow down, to savour the present, and to rediscover the joy of doing things well.

The Wollemi Markets will be back at the Cultural Centre on June 21.
Photo: Liam Foster

Whether you live in the Blue Mountains or are just visiting, you can always find something to do.

The Blue Mountains is one of only two cities in the world surrounded by World Heritage Area. It's a special place of ancient landscapes, towering golden-hued stone escarpments, crashing waterfalls and magnificent eucalypts all set among inspiring panoramas that will take your breath away.

The region is also home to a series of unique villages with guesthouses, cafes, galleries, restaurants and bars. Whether you live in the Blue Mountains or are just visiting, you can always find something to do.

Discover what's on in the area with Blue Mountains City Council's What's On calendar. Search for events such as markets, film and comedy nights, exhibitions, music performances and festivals. Plan your itinerary using the date and location filters or search by category to find an activity suited to you.

As we move into Winter, the Blue Mountains becomes a place of crisp air, cosy fireplaces and hearty meals. In June you will find magical winter solstice events and in July, Yulefest celebrations.

Also known as Christmas in July, Yulefest is a signature of the Blue Mountains' winter with many venues offering traditional style Christmas feasts, sing-a-longs or maybe even a visit from Santa. It's a joyful way to embrace the cooler months, complete with delectable festive meals and snuggly seasonal sweaters.

The What's On calendar provides you with information about these events and more. Visit bmcc.nsw.gov.au/whats-on to explore and find out What's On in the Blue Mountains.

WHAT'S ON
BLUE MOUNTAINS

Explore What's On in the Blue Mountains
bmcc.nsw.gov.au/whats-on

BLUE MTNS

blue mountains City Council

RACE RETREAT

DISCOVER THE CHARM OF THE HAWKESBURY RACE CLUB MOTEL.

Located in the heart of one of New South Wales' most picturesque regions, the Hawkesbury Race Club Motel is more than just a place to stay—it's an experience that combines comfort, convenience and a touch of elegance. Perfectly positioned within the grounds of the Hawkesbury Race Club, our 4-star motel offers guests a unique opportunity to immerse themselves in the excitement of race days or simply enjoy the tranquil beauty of the surrounding area.

The Hawkesbury Race Club Motel is renowned for its spacious rooms, private location and exceptional service. Each of the 30 well-appointed rooms is thoughtfully designed to ensure a comfortable and relaxing stay, whether you're visiting for business, leisure or to witness the thrill of live horse racing. Rooms feature plush bedding, modern amenities and kitchenette facilities, creating the perfect blend of style and functionality. Many rooms also offer scenic views of the racecourse, allowing guests to relax and unwind from the comfort of their private balcony.

Convenience is at the heart of what makes the Hawkesbury Race Club Motel so special. For racing enthusiasts, the motel's location on the race club grounds means you're just steps away from all the action. Forget about the hassle of finding parking or battling crowds—simply step outside and enjoy an unparalleled race day experience. On non-race days, the motel serves as a peaceful retreat, with easy access to the region's many attractions, including the serene Hawkesbury River, historic Windsor and the surrounding Blue Mountains.

Guests can also enjoy a variety of nearby dining options at Clarendon, Richmond or Windsor with easily accessible public transport. With friendly and attentive staff dedicated to making your stay memorable, the Hawkesbury Race Club Motel ensures every guest feels right at home.

Whether you're planning a weekend getaway, attending a race day or exploring the rich history and natural beauty of the Hawkesbury region, the Hawkesbury Race Club Motel is the perfect base for your adventures. Offering the ideal combination of comfort, location, and a little touch of luxury, this motel truly stands out as a premier destination for travellers.

Book your stay today and discover why the Hawkesbury Race Club Motel is more than just a place to stay. Visit hrcmotel.com.au to secure your booking!

Hawkesbury Race Club

Godolphin

Family Funday Raceday

SUNDAY 20 JULY

FREE ENTRY FOR KIDS

GATES OPEN 11AM

FREE KIDS ACTIVITIES

HAWKESBURYRACECLUB.COM.AU

BYGONE BEAUTYS
TREASURED TEAPOT MUSEUM
Antiques, Collectables & Tearoom
Open: 10:00am - 5:30pm daily Ph: (02) 4784 3117
www.bygonebeautys.com.au
TEAPOT COLLECTION

BYGONE **BEAUTYS**

STEP INTO A WORLD OF ELEGANCE AT BYGONE BEAUTYS, LEURA.

In the heart of Leura, within the breathtaking Greater Blue Mountains World Heritage Area, Bygone Beautys Treasured Teapot Museum & Tearooms is a destination unlike any other.

Whether you're a tea enthusiast, a lover of antiques, or simply someone who appreciates old-world charm, this unique establishment promises an experience steeped in tradition and elegance.

Home to the world's largest private collection of teawares, Bygone Beautys boasts over 11,000 teapots spanning five centuries and sourced from across the globe. The museum showcases these treasures, offering visitors a glimpse into the artistry and history of tea culture.

But the magic doesn't stop there—Bygone Beautys is also renowned for its silver service Traditional High Tea, a theatrical experience that transports guests to a more gracious era.

Served on fine bone china with antique silverware, this indulgent affair includes a selection of boutique teas, delicate finger sandwiches, freshly baked scones, and exquisite petit fours.

Beyond the tearooms, visitors can explore the Retail Emporium, a treasure trove of estate jewellery, antiques, collectables, and contemporary gifts. Whether you're searching for a timeless piece of jewellery, a rare antique, or a unique gift, Bygone Beautys offers an array of high-quality items that reflect the elegance of bygone eras.

The charm of Bygone Beautys is further enhanced by its proprietor, Maurice Cooper OAM, affectionately known as The Teapot Man.

Often found at the front desk, Maurice embodies the spirit of the establishment, sharing stories and assisting customers with his signature bow tie and warm hospitality.

With easy access, parking, and disabled-friendly facilities, Bygone Beautys welcomes visitors of all ages.

Whether you're indulging in a luxurious high tea, exploring the Museum's vast collection, or discovering a hidden gem in The Emporium, this enchanting destination is a must-visit for anyone seeking a touch of nostalgia and refinement.

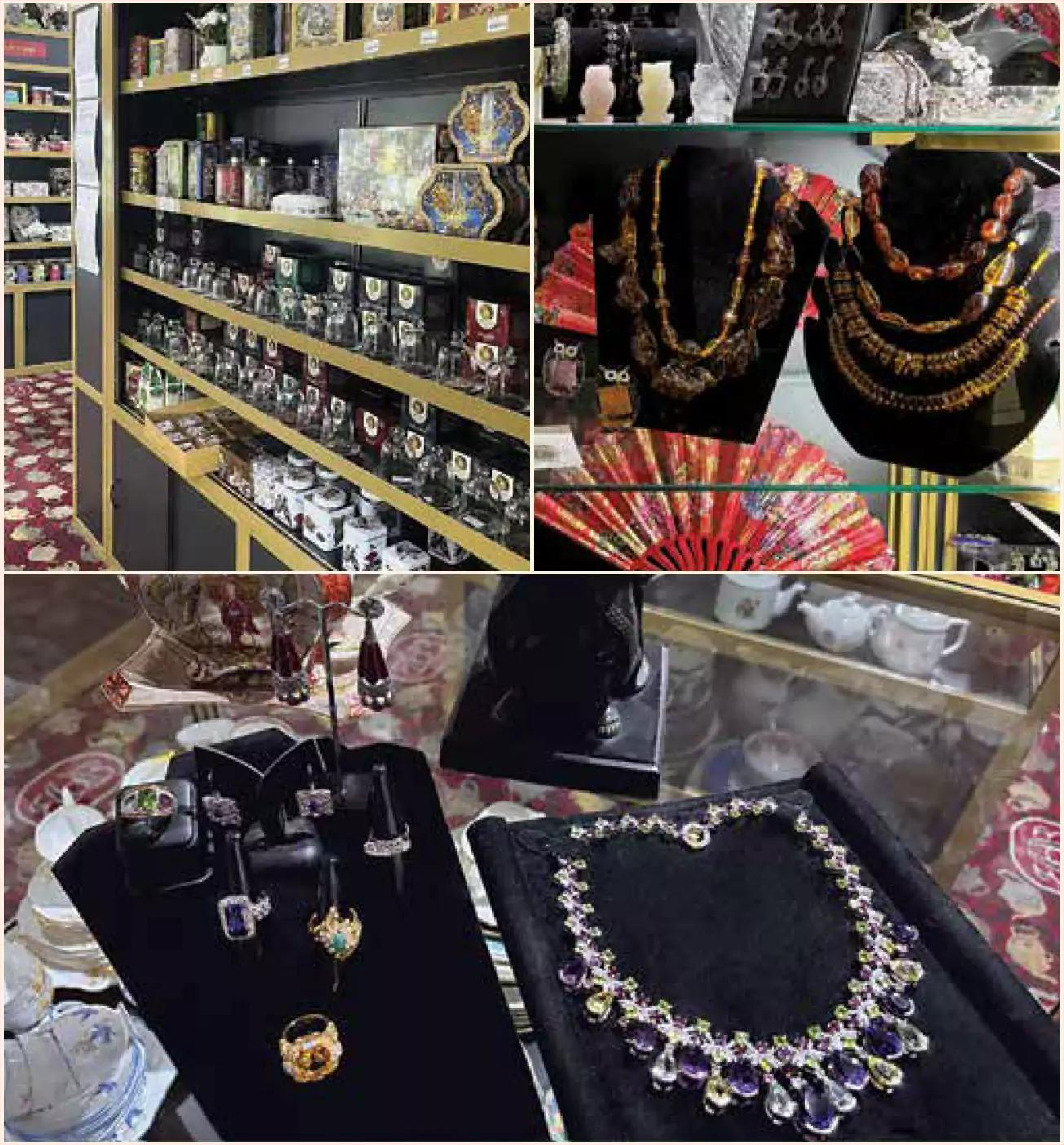
For an unforgettable experience, visit Bygone Beautys in Leura—where tradition, elegance, and history come together in perfect harmony.

Bygone Beautys: Cnr Grose & Megalong Streets, Leura
www.bygonebeautys.com.au

Bygone Beautys

TREASURED TEAPOT MUSEUM
& TEAROOMS

Home to the world's largest private collection of teawares



- *Teawares* • *Jewellery* • *Antiques*
- *100+ Tea & Infusion Varieties*

Open 7 days 10.00am-5.30pm
Cnr Grose & Megalong Streets, Leura
1800 663 619 info@bygonebeautys.com.au

Enjoy the Famous Silver Service Traditional High Tea

or the ever-popular Devonshire Tea

Relax in the tearooms and enjoy lunch or light refreshments, served with 'olde-worlde' charm on fine bone china.

Embrace the Essence of Winter in the Blue Mountains

As we dive deep into the heart of winter here in the breathtaking Blue Mountains, there's no better time to revel in the invigorating crispness of the season. Picture this: stepping outside, fresh mountain air kissing your cheeks, wrapped snugly in cozy knits and stylish jackets. This is winter at its best, inviting you to layer up and explore the stunning trails that wind through our magnificent landscapes.

This season, we are excited to showcase an incredible curated collection from Zoe Clare, perfectly designed to take you from day to night in comfort and style. Imagine donning luxurious coats, soft knits, enchanting winter dresses, and elegant skirts—paired flawlessly with chic boots and warm winter hats. Our beautiful local models are showcasing some of these exquisite pieces against the backdrop of our local gardens, looking fabulous as they embody the spirit of winter fashion. For those of us who cherish our winter wardrobes, now is the perfect moment to embrace all that these beautiful items have to offer.

But it's not just about fashion! The Blue Mountains is alive with winter events, delightful restaurants, cozy cafes, and welcoming pubs that invite you to unwind after a day of adventure. Enjoy heartwarming meals at fabulous local eateries, where you can indulge in seasonal dishes made from fresh, locally sourced ingredients. Whether you're craving a rich hot chocolate in a charming café or a hearty meal at a rustic pub, there's something for everyone to savor.

Whether you're planning a day hike to soak in the stunning views or simply seeking a peaceful retreat to enjoy the scenery, you'll find yourself falling in love with this magical region all over again.

We invite you to stop by and explore our collection in-store. Our wonderful team is committed to helping you find that special item that speaks to you—something that will enhance your winter wardrobe while ensuring you feel fabulous.

So bundle up, embrace the beauty of winter, and discover everything the Blue Mountains has to offer this season. After all, winter is not just a time to dress warmly; it's a chance to celebrate style, comfort, culinary delights, and the joy of being outdoors.

Winter is not just a time to dress warmly; it's a chance to celebrate style, comfort, and the joy of being outdoors.

Zoe Clare

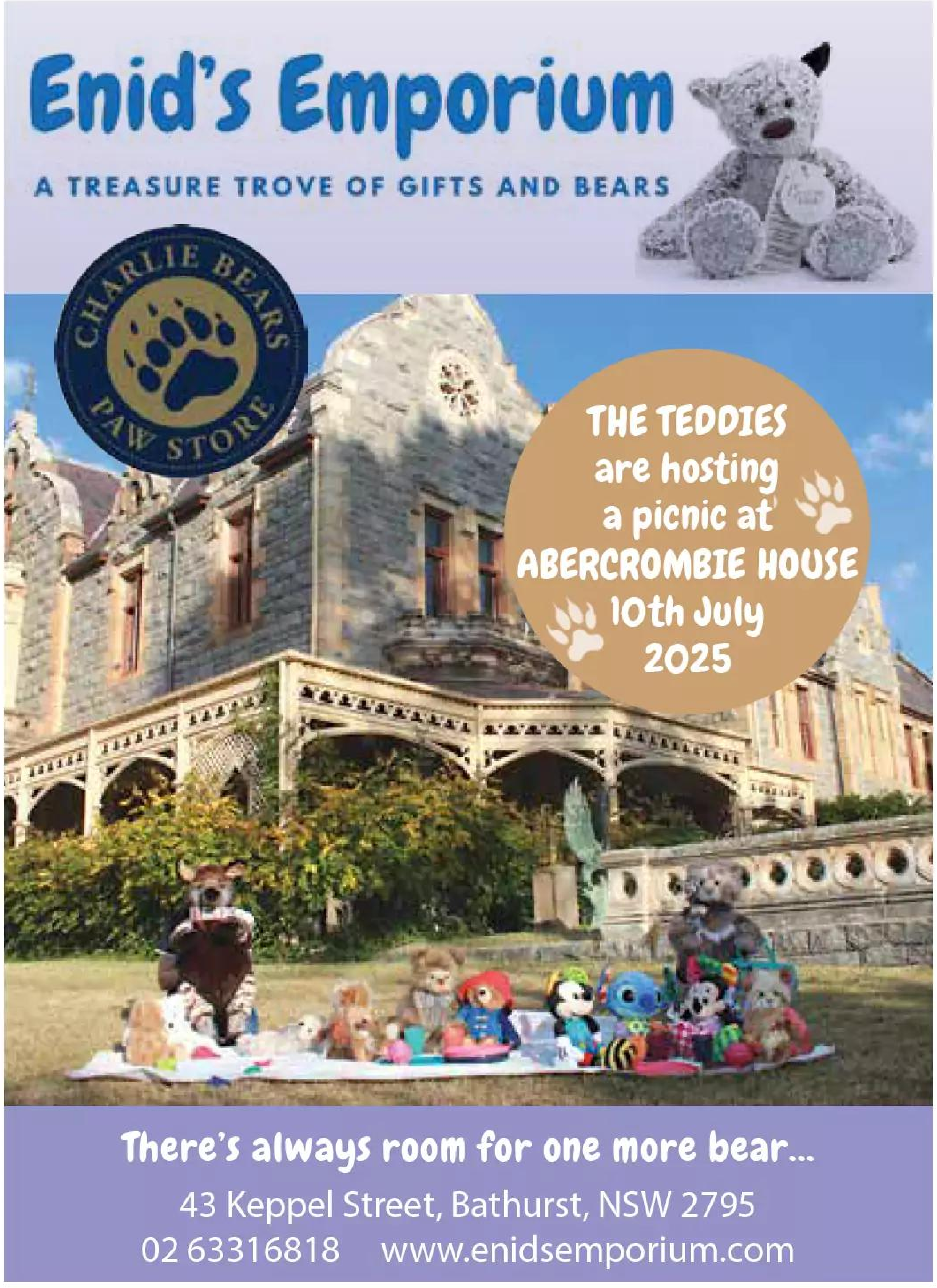
Timeless, Classic, Elegant Fashion and Accessories for the Modern Woman

WE EMPOWER WOMEN TO LOOK & FEEL GREAT THROUGH OUR RETAIL AND STYLING SERVICES

175 Leura Mall, Leura 2780 Ph: 0421 716 776
www.zoeclare.com.au admin@zoeclare.com.au www.instagram.com/zoe_clare_leura/ www.facebook.com/ZoeClareLeura

HOTEL MOUNTAIN HERITAGE

A TIMELESS ESCAPE IN THE HEART OF THE BLUE MOUNTAINS.



Enid's Emporium

A TREASURE TROVE OF GIFTS AND BEARS

CHARLIE BEARS PAW STORE

THE TEDDIES are hosting a picnic at ABERCROMBIE HOUSE 10th July 2025

There's always room for one more bear...

43 Keppel Street, Bathurst, NSW 2795
02 63316818 www.enidsemporium.com

TEDDY BEARS PICNIC

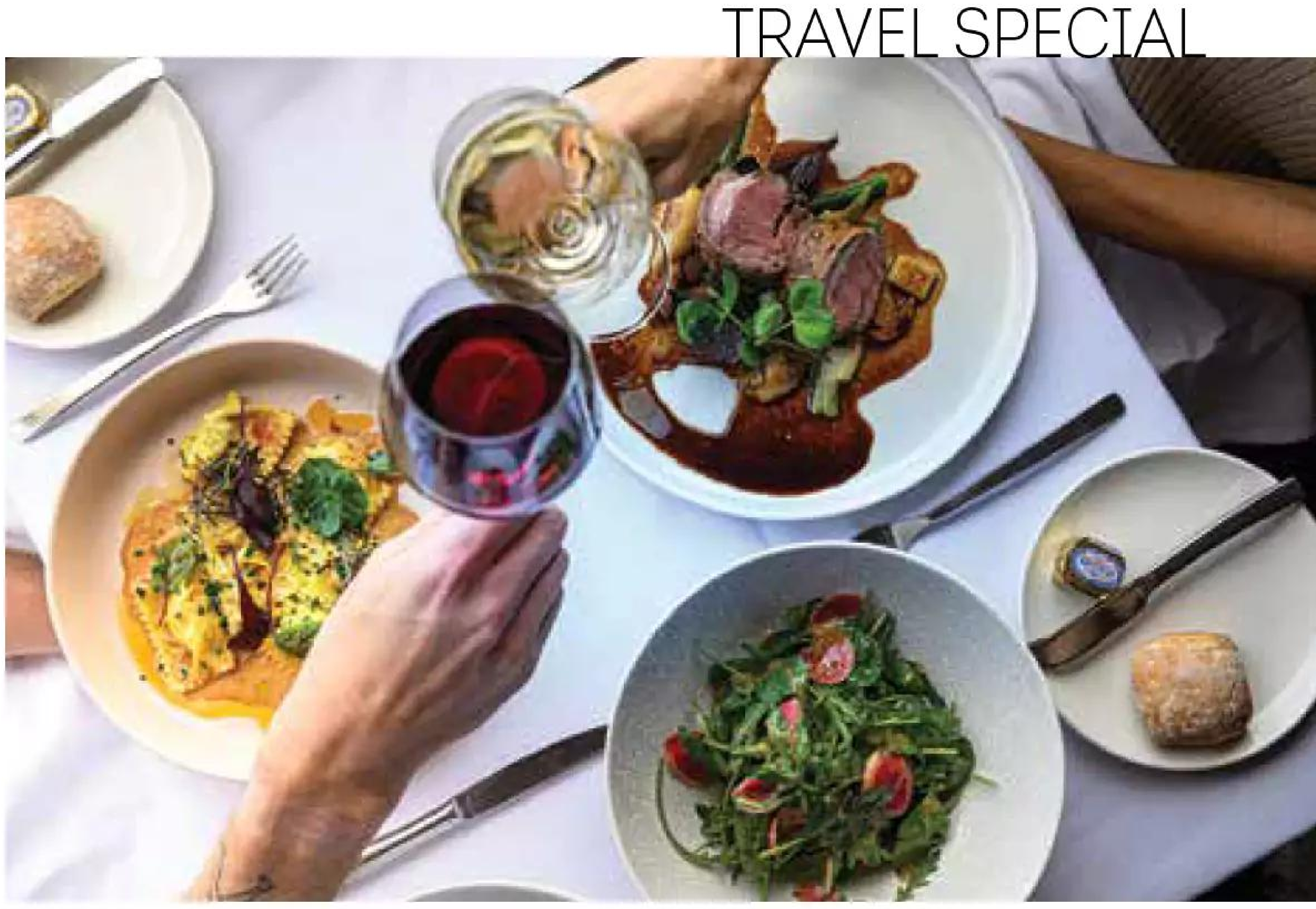
If you go down to Abercrombie House on Thursday 10th July .... you're in for a teddy surprise!

Enid's Emporium and Abercrombie House in Bathurst are hosting a Teddy Bears Picnic as part of the Winter in Bathurst Celebrations. Bring your favourite teddy, a picnic rug, and your own lunch - or enjoy delicious options available for purchase on the day, including a sausage sizzle, coffee cart, cupcakes, pumpkin soup and more.

Held on International Teddy Bears Picnic Day, from 10am to 4pm at the historic Abercrombie House in Bathurst NSW. This family-friendly event is perfect for little ones and their grown-ups. Enjoy story time sessions with Bathurst Library at 11am & 2pm, live music by the Bathurst Academy of Music, face painting, teddy bear competitions and displays with Enid's Emporium, and self guided-tours of Abercrombie House and Gardens. Inside discover the magic of Christmas in July with twinkling trees, vintage decorations and warm crackling fires.

Mark your calendars and join us for a fun filled family day with your favourite Teddy Bear.

Adults $5 entry fee, Children under 10 (& teddys) free entry.



Hotel Mountain Heritage is a Blue Mountains icon, offering premium accommodation, Jamison Valley views, and a rich sense of old-world charm. More than just a place to stay, this grand mountain mansion delivers an experience of European-style elegance, comfort, and natural beauty.

Housed within a beautifully preserved early 20th-century building, the hotel blends timeless architecture with modern luxury. Guests are welcomed into an atmosphere of romance, heritage, and warmth, where crackling fireplaces, antique furnishings, and thoughtful hospitality create an unforgettable escape.

Tucked away in peaceful surrounds, the hotel also enjoys a prime location—just a short stroll from Katoomba's lively retail, dining, and transport hub. This rare combination allows guests to enjoy the tranquillity of a secluded mountaintop retreat while being perfectly positioned to explore all the region has to offer. From the panoramic vistas of the World Heritage-listed Jamison Valley to the forested trails of Wentworth Falls and the thrills of the world's steepest railway at Scenic World, adventure and awe are never far away.

For food lovers, the hotel's Jamison Views Restaurant is a highlight. Showcasing the best of the season, the menu celebrates local produce and bold flavours. The popular two-course lunch special is the perfect midday indulgence—featuring pan-fried chicken or tender rump steak, followed by a delicate vanilla panna cotta with vibrant berry compote. All served with sweeping views across the valley.

In winter, the hotel takes on an especially magical quality. Guests are invited to experience the magic of Winter in July at the home of the original Yulefest —a beloved… Blue Mountains tradition that brings the spirit of Christmas to the cooler months. Each Saturday night, the hotel hosts a six-course degustation dinner, curated by talented chefs and served by candlelight with soft music, festive flavours, and the gentle glow of open fires.

Whether you're planning a romantic getaway, a special lunch, or a winter celebration to remember, Hotel Mountain Heritage invites you to step into a world where nature, history, and refined luxury come together. Discover the heart of the Blue Mountains—and let the mountain magic begin.

Cnr Apex & Lovel Streets
Katoomba, NSW, Australia
Ph: +61 2 4782 2155
Email: stay@mountainheritage.com.au
Web: www.mountainheritage.com.au

Yule
fest
2025
HOME OF THE ORIGINAL YULEFEST
Experience the magic

Celebrate Yulefest in style at Hotel Mountain Heritage, Katoomba, with a six-course degustation dinner served every Saturday night in July. Soak in sweeping views of the Jamison Valley while we take care of everything for a perfect Christmas in July.

$180 PER ADULT • $79 PER CHILD • CHILDREN 0-4YRS DINE FREE

6PM • SATURDAY • 5, 12, 19 & 26 JULY 2025

Scan QR code to book or call (02) 4782 2155 | mountainheritage.com.au

*Terms and conditions apply. Non-refundable and non-transferrable. Dietary requirements can be accommodated, but must be advised at the time of booking. Children must be aged 12 and under to book the children's meal.

P +612 4782 2155 | stay@mountainheritage.com.au
Cnr Apex & Lovel Street, Katoomba NSW 2780
mountainheritage.com.au

Mountain Heritage
HOTEL • BLUE MOUNTAINS • AUSTRALIA

ADVENTURE AWAITS

THE GREATER SYDNEY CARAVAN & OUTDOOR LEISURE ROADSHOW IS A MUST VISIT EVENT FOR ADVENTURE ENTHUSIASTS.

If you're passionate about caravanning, camping, and outdoor leisure, the Greater Sydney Caravan & Outdoor Leisure Roadshow is the event you don't want to miss!

Taking place from at the Hawkesbury Showgrounds, Racecourse Road, Clarendon, this roadshow brings together some of the biggest names in the industry.

This event is the perfect opportunity to explore a vast range of caravans, camper trailers, e-bikes, motoring, 4×4 accessories, and camping gear.

Whether you're looking to upgrade your current setup or just browsing for inspiration, you'll find plenty of options to compare, touch, and buy.

Beyond the exhibits, visitors can enjoy live entertainment, demonstrations, and free activities for kids, making it a fun-filled experience for the whole family.

From pizza-making workshops and craft sessions to stunt bike performances and fishing demonstrations, there's something for everyone.

The roadshow features a diverse lineup of exhibitors including Jayco Caravans, Motorhomes & Campervans, A Van, Crusader Caravans, Design RV, Newage, Millard Supreme, Nova, EasyTrail, Mars, JB, Snowy River, and lots of Accessories.

Whether you're in the market for a new caravan or simply want to explore the latest innovations, these exhibitors will provide expert advice and top-quality products.

Mark your calendar and get ready for an exciting weekend of outdoor adventure and exploration!

Dates: July 25 - 27
Location: Hawkesbury Showgrounds, Racecourse Road, Clarendon NSW
Time: 9am – 4pm each day
Admission: Adults $18, Concession $15, Accompanied Children Free
Parking: Free on-site parking available
Pet-Friendly: Yes! Dogs are welcome

Caravan
OUTDOOR LEISURE
Roadshow

GREATER SYDNEY CARAVAN & OUTDOOR LEISURE ROADSHOW

HAWKESBURY SHOWGROUND
Racecourse Road Clarendon
Friday 25th Saturday 26th & Sunday 27th July
9am till 4pm

LOOK TOUCH COMPARE & BUY at SHOW ONLY DISCOUNTED PRICES

Caravans, CamperTrailers, Motorhomes
Campervans, Hybrids, Accessories and Gadgets

SEE ALL THE MAJOR BRANDS IN ONE PLACE!

Children Free **Free Parking**

VINTAGE WONDERLAND

MID MOUNTAINS VINTAGE A TREASURE TROVE IN THE HEART OF THE BLUE MOUNTAINS.

BY JULIE WRIGHT

Mid Mountains Vintage
Antiques — Collectables — Curiosities
ANTIQUES

Nestled in the picturesque town of Woodford, Mid Mountains Vintage is more than just an antique store—it's a time machine where history comes alive. Halfway between the base of the Blue Mountains and Katoomba, this two-level antique centre is a haven for collectors, decorators, and vintage enthusiasts alike.

With twenty different dealers, each bringing their own unique style and specialty, Mid Mountains Vintage boasts an ever-changing collection of treasures. Whether you're searching for Victorian elegance, rustic charm, Art Deco glamour, Mid Century Modern sophistication, or retro nostalgia, this store is brimming with furniture, homewares, lighting, art, kitchenware, collectables, and curiosities that cater to every era and aesthetic.

New stock arrives daily, making each visit an adventure of discovery. From rare finds to charming keepsakes, shoppers can immerse themselves in a world of antiques and forgotten gems, ready to be loved once again.

Conveniently located on the Great Western Highway, just over an hour from central Sydney by car, Mid Mountains Vintage is an ideal pit stop for those making their way up or down the mountains. The highway's turning lanes provide easy access, and with plenty of parking, visitors can take their time stretching their legs while indulging in a treasure hunt through the store's beautifully curated displays.

Mid Mountains Vintage is open six days a week (closed Tuesdays), with daylight savings hours running from 10am to 4:30pm on weekdays and 10am to 5pm on weekends.

Discover Mid Mountains Vintage at 80 Great Western Highway, Woodford, and follow them on Instagram and Facebook @midmountainsvintage to stay updated on the latest arrivals.
You can also reach out via email midmountainsvintage@gmail.com or Phone 0409 841 451 for inquiries.

Whether you're an experienced collector or a casual admirer of history, Mid Mountains Vintage invites you to step back in time and explore a world where every piece has a story to tell.

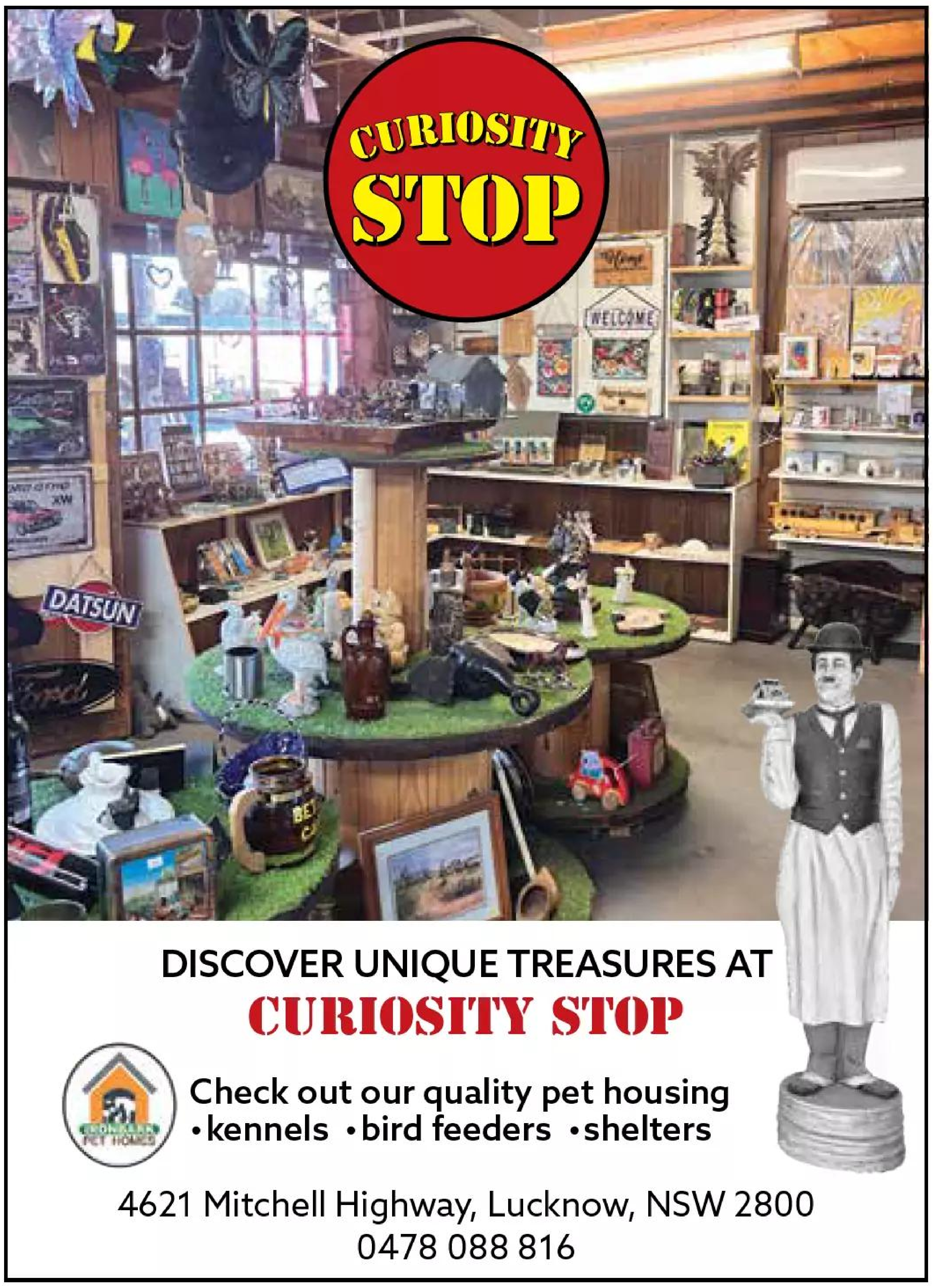
MAKE A PIT-STOP! Stretch the legs and have a browse on the way up, or down the mountain.

Mid Mountains Vintage

80 Great Western Highway, Woodford midmountainsvintage@gmail.com 0409841451

@midmountainsvintage on Instagram and Facebook

LES VINS SÉLECTIONNÉS
UNION
DANS VOTRE VERRE



DISCOVER UNIQUE TREASURES AT

CURIOSITY STOP

Check out our quality pet housing
•kennels •bird feeders •shelters

4621 Mitchell Highway, Lucknow, NSW 2800
0478 088 816

CURIOSITY STOP
Willoughby's

Curiosity **STOP**

Nestled at Ironbark Pet Homes in Lucknow, the Curiosity Stop is a must-visit destination for anyone looking for something a little different. More than just a shop, it's a whimsical space filled with unique treasures and one-of-a-kind finds. Whether you're a pet lover, art enthusiast, or simply someone who enjoys discovering unusual and beautiful items, the Curiosity Stop is sure to spark your imagination.

The store is filled with an eclectic mix of locally crafted goods, home décor, and pet accessories. You'll find everything from charming pet-themed artwork and toys to handmade jewellery and décor that adds a touch of personality to your space. Each item is carefully curated to reflect the character of the region, with a focus on quality craftsmanship and creativity. It's the perfect place to find a thoughtful gift or something special for yourself.

The friendly and knowledgeable staff are always on hand to share the stories behind the products, and visitors often leave with a newfound appreciation for local artisans and the craftsmanship that goes into each piece.

NEW AGE
THE HIPPY SHOP
EST 1992
MARKETS
HIPPY TEA HOUSE

A world of wonder awaits at our unique trio of stores!

NEW AGE MARKETS THE HIPPY SHOP HIPPY TEA HOUSE

Visit us for a truly magickal shopping experience!

234 Macquarie Rd Springwood NSW 2777 (opposite Springwood Station)

CENTRAL TABLELANDS
Orange
Bathurst
BLUE MOUNTAINS
Blackheath
Springwood

SHOP LOCAL

KEEP YOUR MONEY WHERE YOU LIVE AND SUPPORT THE LOCAL ECONOMY.

More and more people are opting to spend their dollars locally in a bid to support their community.

It is a well known fact that locally owned businesses create communities that are more affluent and generally better-off across a wide range of metrics. That is why *Blue Mountains Life* magazine decided it was time to celebrate the achievements of local businesses by listing our favourite retailers.

When we buy from them, rather than national chains, a significantly greater portion of your money is then cycled back through our local economy and local farms — ultimately strengthening the base of our whole community.

More importantly, small local businesses are the largest employer nationally and provide the most jobs to residents and pay more taxes which help our health and education systems.

So, let's celebrate the entrepreneurs that take risks by supporting the following businesses that have made our communities a better place. BML

PIKOLINOS
get comfy & smile

The path begins by **WALKING**

GET COMFORTABLE AND LET HAPPINESS START ON YOUR FEET.

Since 1984 Pikolinos have worked to make every one of our shoes unique. Each new season presents a challenge which we tackle with all our experience and know-how.

We take the greatest care over every artisan process that is the hallmark of our products and has turned us into an internationally renowned company with a strong commitment to leading the comfort fashion segment.

Pikolinos' Spanish history moulds together classic artisanship with modern designs for a shoe that is drenched in comfort and laid-back fashion. Pikolinos President Juan Perán started the comfort shoe brand in Spain in 1984, and today manufactures in both Asia and Spain, ensuring "Pikolinos quality" by carefully monitoring production. The brand's tanneries also reside in Spain, where it does all of its water-based finishing for leather.

You will find an extensive range of Pikolinos styles at Blackheath Family Shoes.

Open Seven Days
Blackheath Family Shoes.
4 Govetts Leap Rd, Blackheath
(02) 4787 8263
www.blackheathshoes.com.au

TIMELESS **TREASURES**

A TREASURE TROVE OF HOME AND LIFESTYLE

there's no better time to discover the charm of Mary and Tex Curious Emporium! It's been two and half fabulous years since Kristen and her partner John Paul took the reins of this beloved store, transforming it into a destination for unique furniture, homewares, and lifestyle treasures.

Mary and Tex is more than a shop — it's an experience! known for its distinctive interior and decorating ranges, fashion, and gift solutions, the team works tirelessly to source one-of-a-kind pieces. Whether you're searching for the perfect gift or something special to refresh your home, there's something for everyone, served with a smile.

Excitement fills the store when eagerly awaited deliveries from trade fairs arrive, bringing an array of beautiful finds. This season, the store is brimming with treasures! Discover stylish kitchenware, quirky novelty gifts, elegant clocks, lighting, furniture, and décor to add charm to any space.

Looking for a unique gift? The beloved hand-carved wooden ducks by Duck Company UK are back! Each duck is one of a kind, complete with its own name — a charming gift that's sure to bring a smile.

For those who love to entertain, there's an abundant selection of planters, platters, dishes, and ceramic ware from Amalfi Homewares, Ecology Homewares, and Mason Cash. They're perfect for setting a stunning table or finding that last-minute host gift.

Every corner of Mary and Tex is a sensory delight. Warm lighting, the scent of beautifully crafted candles, and a welcoming atmosphere make it a place where you'll want to linger. It's impossible to leave without a treasure—or a smile.

Visiting Mary and Tex Curious Emporium is like stepping into a world of creativity and inspiration. Whether you're searching for the perfect present or treating yourself to something special, the friendly team is ready to welcome you at 187 Summer Street, Orange.

Can't make it to the store? No problem! The magic of Mary and Tex is now just a click away with their online shopping experience.

Mary and Tex
187 Summer Street, Orange
Ph: (02) 6362 4070 www.maryandtex.com.au

MARY&TEX CURIOUS EMPORIUM

HOMEWARES—ART—FASHION—GIFTS—UNIQUE FURNITURE

www.maryandtex.com.au
187 SUMMER STREET, ORANGE   (02) 6362 4070   OPEN 7 DAYS
com/MaryandTex   com/maryandtex

miss mary mac

Wearable style, timelessly unique.

A CURATED COLLECTION OF LABELS WHERE INDIVIDUALITY MEETS FASHION.

125 Summer Street, Orange, NSW 2800

FOSTER & Co. Botanicals

CRAFTING FLORAL MAGIC FOR YOUR SPECIAL DAY.

WORDS JUDY ARNETT

When it comes to planning a wedding, every detail matters. From the venue to the dress, each element plays a crucial role in creating the perfect day.

One of the most important aspects of any wedding is the flowers. They set the tone, add beauty, and create lasting memories. In Bathurst, Australia, Foster & Co. Botanicals is the go-to destination for couples looking to make their wedding day truly magical.

Foster & Co. Botanicals is not just a flower shop; it's a place where floral dreams come to life. The team, led by the talented Zana, is dedicated to creating stunning floral arrangements that reflect the unique style and personality of each couple. With a deep passion for floristry and a keen eye for detail, Zana and her team ensure that every bouquet, centerpiece, and floral installation is a masterpiece.

One of the standout features of Foster & Co. Botanicals is their commitment to sustainability. They source their blooms locally, ensuring that each arrangement is fresh and vibrant.

By supporting local growers, they not only provide the highest quality flowers but also contribute to the community and reduce their environmental footprint. For eco-conscious couples, this dedication to sustainability is a significant reason to choose Foster & Co. Botanicals for their wedding flowers.

Every couple has a unique vision for their wedding day, and Foster & Co. Botanicals excels at bringing those visions to life. Whether you're dreaming of a rustic, bohemian celebration or a classic, elegant affair, their team can create bespoke arrangements that perfectly match your style.

From lush, cascading bouquets to minimalist, modern centerpieces, they have the expertise to design floral creations that will leave you and your guests in awe.

Planning a wedding can be overwhelming, but Foster & Co. Botanicals is there to make the process as smooth as possible. They offer personalized consultations to understand your vision, preferences, and budget.

This attention to detail ensures that every arrangement is tailored to your specific needs. Their friendly and professional team is always available to answer questions, provide advice, and make adjustments as needed, ensuring that your wedding flowers are nothing short of perfect.

Flowers have the power to evoke emotions and create lasting memories. On your wedding day, you want every detail to be perfect, and Foster & Co. Botanicals understands this. Their stunning floral arrangements will not only enhance the beauty of your venue but also create a magical atmosphere that you and your guests will remember for years to come.

Foster & Co. Botanicals is the ideal choice for couples in Bathurst, looking to add a touch of floral magic to their wedding day. With their passion for perfection, commitment to sustainability, and personalized service, they ensure that every wedding is a beautiful and unforgettable experience.

Foster & Co. Botanicals is the ideal choice for couples in the Central West and Blue Mountains region.

FOSTER & CO.
BOTANICALS
"Where the flowers speak about you..."
WEDDINGS
CORPORATE
EVENTS
WWW.FOSTERCOBOTANICALS.COM.AU

TRANSFORM **YOUR SPACE**

DISCOVER THE POWER OF HAND-SELECTED CRYSTALS.

BY JULIE WALKER

Collier's Crystals has been enchanting visitors in Blackheath for decades.

This family owned and operated business is renowned for its extensive collection of hand-selected crystals, gemstones, and mineral specimens sourced from around the globe. Whether you're a seasoned collector or a curious newcomer, Collier's Crystals offers something for everyone.

At Collier's Crystals, you'll find a dazzling array of crystals and gemstones, each with its unique properties and beauty.

From the calming Amethyst clusters to the grounding Red Jasper massage wands, the store's selection is both diverse and meticulously curated. The shop also features stunning jewellery pieces, including Clear Quartz earrings and Faceted Peridot drop earrings, perfect for adding a touch of elegance to any outfit.

What sets Collier's Crystals apart is their commitment to ethical sourcing. Like the new Crystals Lights made in Australia.

The team at Collier's select each crystal and specimen, ensuring that they are not only beautiful but also responsibly sourced. This dedication to quality and ethics has earned them a loyal customer base and a reputation for excellence. Crystals are more than just beautiful objects; they are believed to bring peace, tranquillity, and harmony to any space.

Whether you're looking to create a serene home environment or a calming workplace, Collier's Crystals has the perfect piece for you. Their collection includes everything from polished stones and carvings to natural quartz and fossils, each chosen for its unique energy and aesthetic appeal.

Collier's Crystals is more than just a store; it's a trusted destination for crystal enthusiasts. With complimentary gift wrapping, same-day dispatch, and international shipping, they make it easy to find and send the perfect gift, in store or online. Their knowledgeable staff is always on hand to help you find exactly what you're looking for, whether it's a specific crystal or a unique piece of jewellery.

Located at Shop 8/23-25 Govetts Leap Road, Blackheath, Collier's Crystals is open seven days a week. Whether you're visiting in person or shopping online, you're sure to find something special. Explore their extensive collection and discover the magic of crystals at Collier's Crystals.

www.collierscrystals.com.au

Collier's Crystals
& GIFTS

Bring peace, tranquillity and harmony to your home/workplace with our extensive range of hand-selected crystals, candles, crystal lights and jewellery.

Shop 8, Collier Arcade, 23-25 Govetts Leap Road, Blackheath NSW 2785
02 4787 7403 www.collierscrystals.com.au

HIS PICKS COLLECTIVE

ANTIQUE AND VINTAGE JEWELLERY: A TIMELESS TREASURE FROM HIS PICKS COLLECTIVE

His Picks Collective

His Picks Collectives stocks a huge and eclectic range of vintage and retro antiques, collectables, vintage clothes, jewellery and much more.

@hispickscollective

Monday - Friday 10:00am - 5:30pm
Saturday 10:00am - 4:00pm
Sunday closed

209 Summer Street, Orange 0459 090 227

Jewellery has long been a symbol of elegance, sentiment, and craftsmanship, but there's something truly special about antique and vintage pieces. These treasures, whether passed down through generations or discovered in the most unexpected of places, offer a unique blend of history, artistry, and timeless beauty.

At His Picks Collective, we celebrate the allure of antique and vintage jewellery, offering a curated collection that brings these extraordinary pieces into the modern world.

Antique jewellery, generally defined as items over 100 years old, showcases the intricate techniques and timeless styles of eras gone by. Whether it's the opulent designs of the Victorian era or the geometric precision of Art Deco, each piece tells a story of its time. Vintage jewellery, typically classified as pieces from the 20th century, brings its own flair with more modern materials, techniques, and trends. Together, these categories represent the perfect blend of nostalgia and sophistication.

At His Picks Collective, we understand that the appeal of antique and vintage jewellery goes beyond aesthetics. Each piece carries its own narrative—an heirloom passed down, a milestone in time, or a unique find that sparks joy. Our collection is carefully selected to offer not just exquisite designs but pieces with personal stories waiting to be told. From delicate brooches to statement rings, each item in our collection has been chosen with care to appeal to the discerning collector and jewellery enthusiast.

Whether you're looking to add a piece of history to your collection or seeking that perfect gift with a touch of timeless elegance, His Picks Collective is the destination for those who appreciate the beauty and craftsmanship of antique and vintage jewellery. Step into a world where every piece has a story to tell—one that continues to shine through the ages.

Come visit His Picks Collective and uncover something truly special! Our moto is, your next treasure awaits. Note: given the individual nature of our jewellery, availability can not be guaranteed,

+ Plus

BEAUTY

84 Hair Care

HEALTH

88 Self Care

RELATIONSHIPS

89 Listen Up

FITNESS

90 Lift Heavy

PET CARE

91 Mental Health

TRAVEL

92 News

INTERIORS

97 Best of the Best

TECHNOLOGY

99 Ringconn

MOTORING

100 Kia, Audi

THEATRE

104 Must See

MOVIES

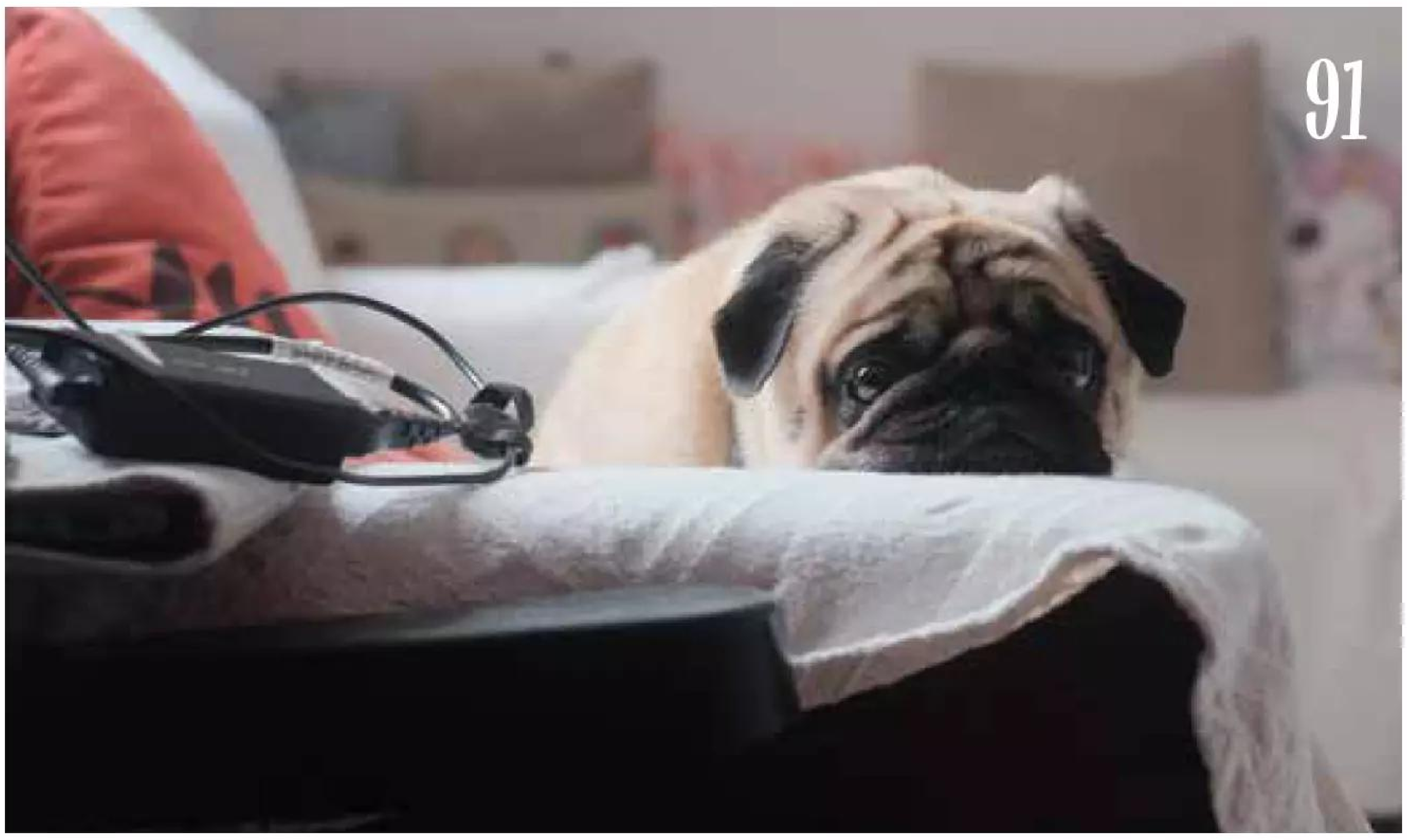
105 New Releases

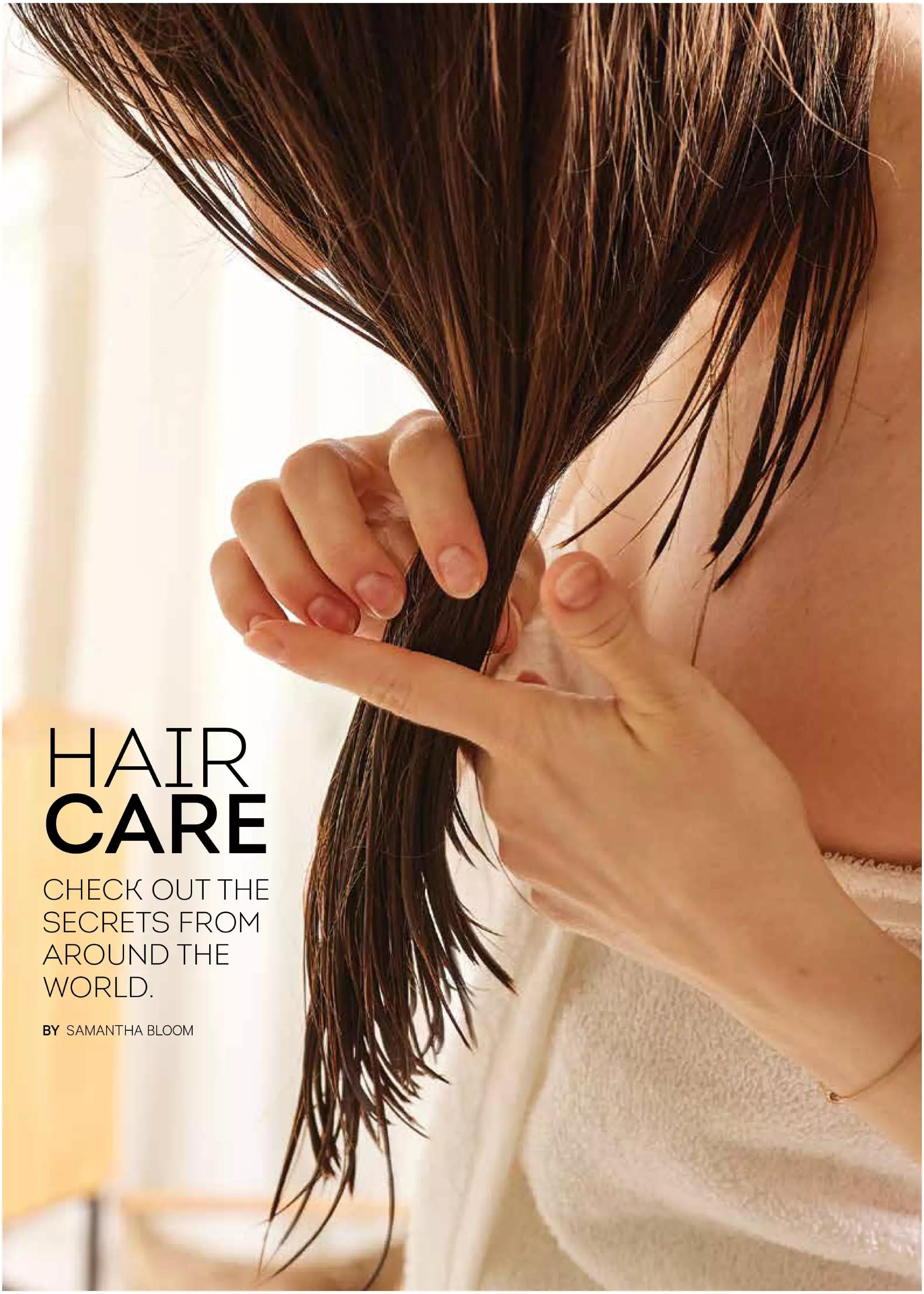
BOOKS

106 Great Reads

CROSSWORDS

108 Figure It Out





HAIR CARE

CHECK OUT THE SECRETS FROM AROUND THE WORLD.

BY SAMANTHA BLOOM

Hair is not just an accessory; it's an expression of identity, culture, and heritage. Across the globe, women have turned to nature and tradition to maintain luscious locks.

From ancient rituals to modern trends, these global haircare secrets are worth discovering and embracing.

In Asia, the practice of using fermented rice water dates back centuries, notably among the Yao women of China.

Known for their floor-length hair, they attribute its strength and shine to washing with rice water. Packed with amino acids, vitamins, and minerals, rice water enhances elasticity and boosts hair growth. To create it, simply soak rice in water, let it ferment for a day, then rinse your hair for a silky finish.

Across the Mediterranean, the magic ingredient is argan oil, often dubbed "liquid gold." Extracted from the kernels of Morocco's argan tree, this oil is rich in antioxidants and fatty acids, making it a go-to for repairing damaged hair and taming frizz.

Moroccan women traditionally apply argan oil directly to their scalp and ends, followed by a gentle massage to stimulate blood circulation. Whether used as a pre-shampoo treatment or a finishing touch, argan oil transforms dull hair into a glossy crown.

Heading to India, the secrets lie in Ayurvedic haircare. Ingredients like amla (Indian gooseberry), neem, and hibiscus are used to create herbal infusions and masks that strengthen roots and combat dandruff.

Regular oiling with coconut oil, often infused with herbs, is a ritual in many Indian households. Not only does this nourish the scalp, but it also promotes relaxation—a holistic beauty approach.

These traditional practices have made their way into mainstream beauty, inspiring global brands to incorporate natural ingredients into their formulas. Yet, the charm lies in trying these rituals at home, connecting with centuries of wisdom and care.

As we celebrate these diverse haircare secrets, let's appreciate their sustainability. Most rely on simple, natural ingredients with minimal environmental impact, aligning with the growing trend of eco-conscious beauty.

Whether it's rice water rinses or argan oil treatments, these global traditions remind us that the best beauty secrets often lie in nature—and a touch of cultural exploration. Why not give them a try and see what works for your hair?

Your next great hair day might just have roots in a faraway tradition. ✚

Celebrate these diverse haircare secrets.

elements
FLOAT WELLNESS CENTRE

Glow Naturally. Feel Radiant.

REJUVENATE, RESTORE & RELAX

ELEMENTS FLOAT WELLNESS CENTRE
U2, 236-238 Great Western Highway, Emu Plains NSW 2750
02 4783 8383

Radio Frequency MICRONEEDLING

The BreakthroughBehind Better Skin

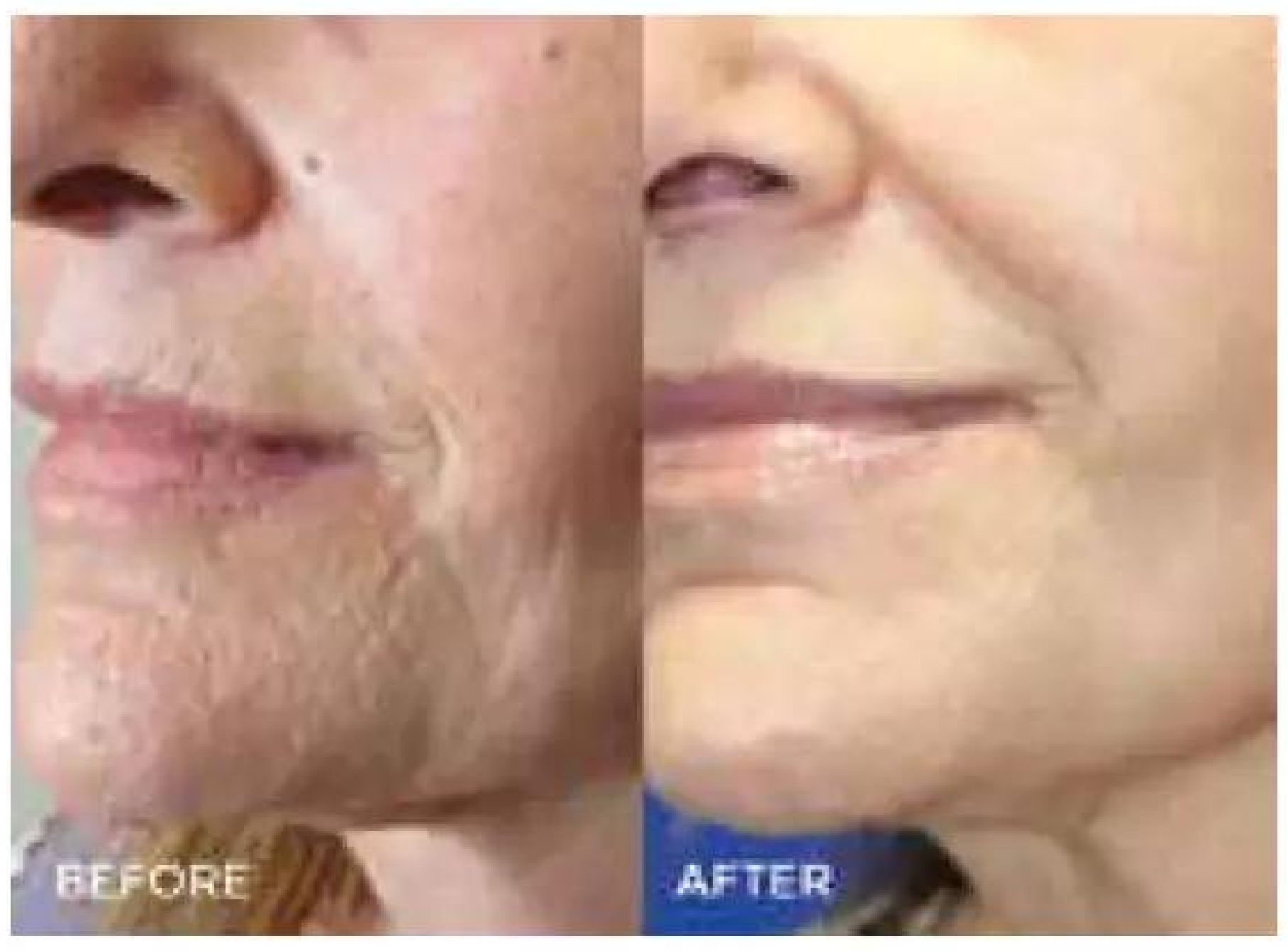
BY PAIGE O'CONNOR

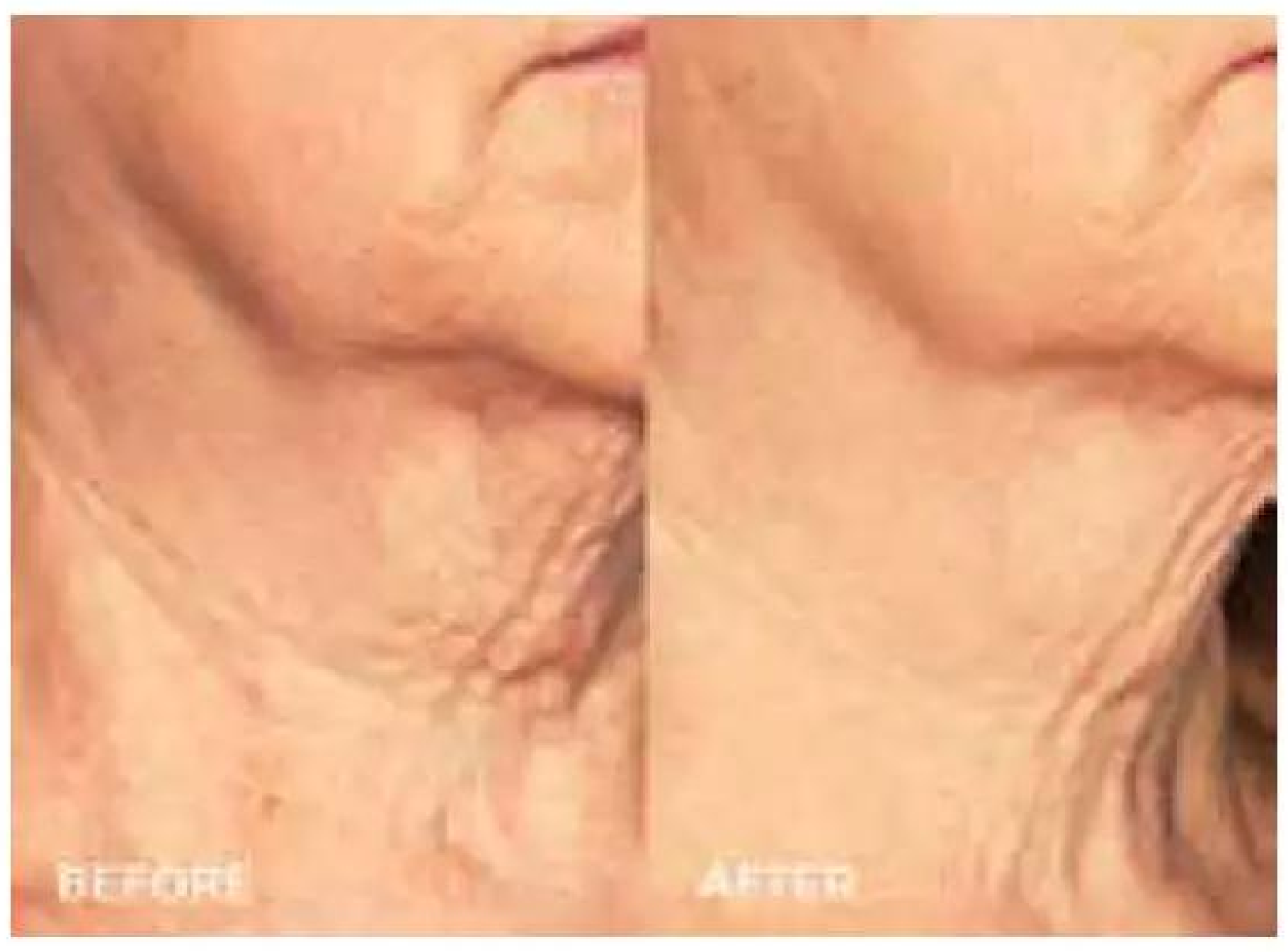
Flawless skin might not be magic, but with Chic Skin & Laser Clinic, it comes pretty close. Located in Penrith, this luxe clinic has become a leader provider of multi-award winning beauty services, including their Fractional Micro RF Skin Needling treatment. Designed to reduce the appearance of skin imperfections– including wrinkles and fine lines, acne, scarring, pigmentation, and irregular texture– it boosts cellular renewal for a radiant complexion and is suitable for all skin types.

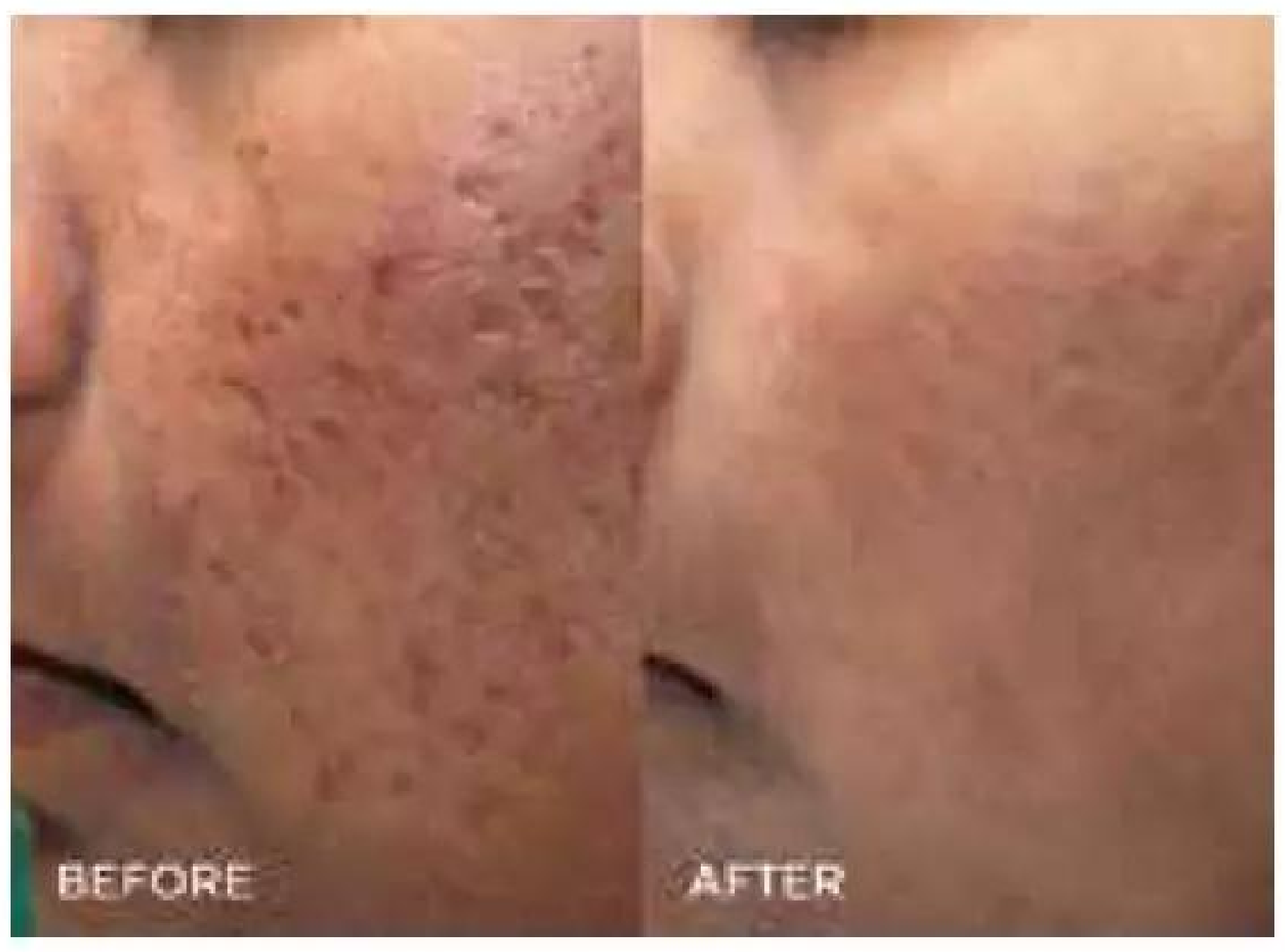
This treatment combines two clinically proven technologies– radiofrequency (RF) and microneedling– to rejuvenate facial skin.

Before the procedure, the targeted area is numbed with a topical anaesthetic for your comfort. The microneedling part of the treatment involves using a device with ultra-fine needles to create controlled micro-wounds to the targeted area of the skin, whilst RF energy is simultaneously delivered through the needles into the deeper layers of the skin. This triggers the skin's natural healing response and collagen and elastin production, which is essential for skin health and elasticity. The thermal effect of the RF energy also helps to further stimulate collagen production, tightening the skin and reducing the appearance of fine lines and wrinkles.

One of the standout benefits of this treatment is its transformative effect on skin appearance. By boosting the production of collagen and elastin, the procedure helps lift and tighten sagging areas, reviving the skin's natural elasticity and youthful contour. Fine lines and wrinkles can soften, dullness can give way to a







GIVE THE GIFT OF BEAUTY
IT'S PRICELESS!

CHIC GIFT CARDS ARE BEAUTIFULLY PRESENTED
AND ARE AVAILABLE FOR ALL SERVICES AND PRODUCTS.
A THOUGHTFUL WAY TO CELEBRATE A
BIRTHDAY, ANNIVERSARY, WEDDING OR TO SAY THANK YOU.

CHIC
SKIN & LASER CLINIC

IT'S ALL ABOUT TRUST

We focus on customer safety and treatment effectiveness,
with over 30 years of multi award winning experience.

AWAKEN YOUR SKIN'S POTENTIAL WITH
FRACTIONAL MICRO SKIN NEEDLING — GENESIS REJUVENATION — AQUA PRO FACIALS — DR. SARAH'S EXPERTISE
JUST SOME OF THE EXTENSIVE TREATMENTS WE OFFER

Monday Closed **Tuesday** 9:00am - 5:00pm **Wednesday** 9:00am - 5:30pm **Thursday** 9:00am - 8:00pm
Friday 9:00am - 5:30pm **Saturday** 9:00am - 4:00pm **Sunday** Closed

27 Riley St Penrith NSW 2750 02 4732 2277 www.chicskinandlaserclinics.com.au

Designed to reduce the appearance of skin imperfections- including wrinkles and fine lines, acne, scarring, pigmentation, and irregular texture.

more radiant complexion, and skin texture can be smoother and more even-toned. RF energy and microneedling also helps to fade acne scarring by promoting new skin cell growth and turnover.

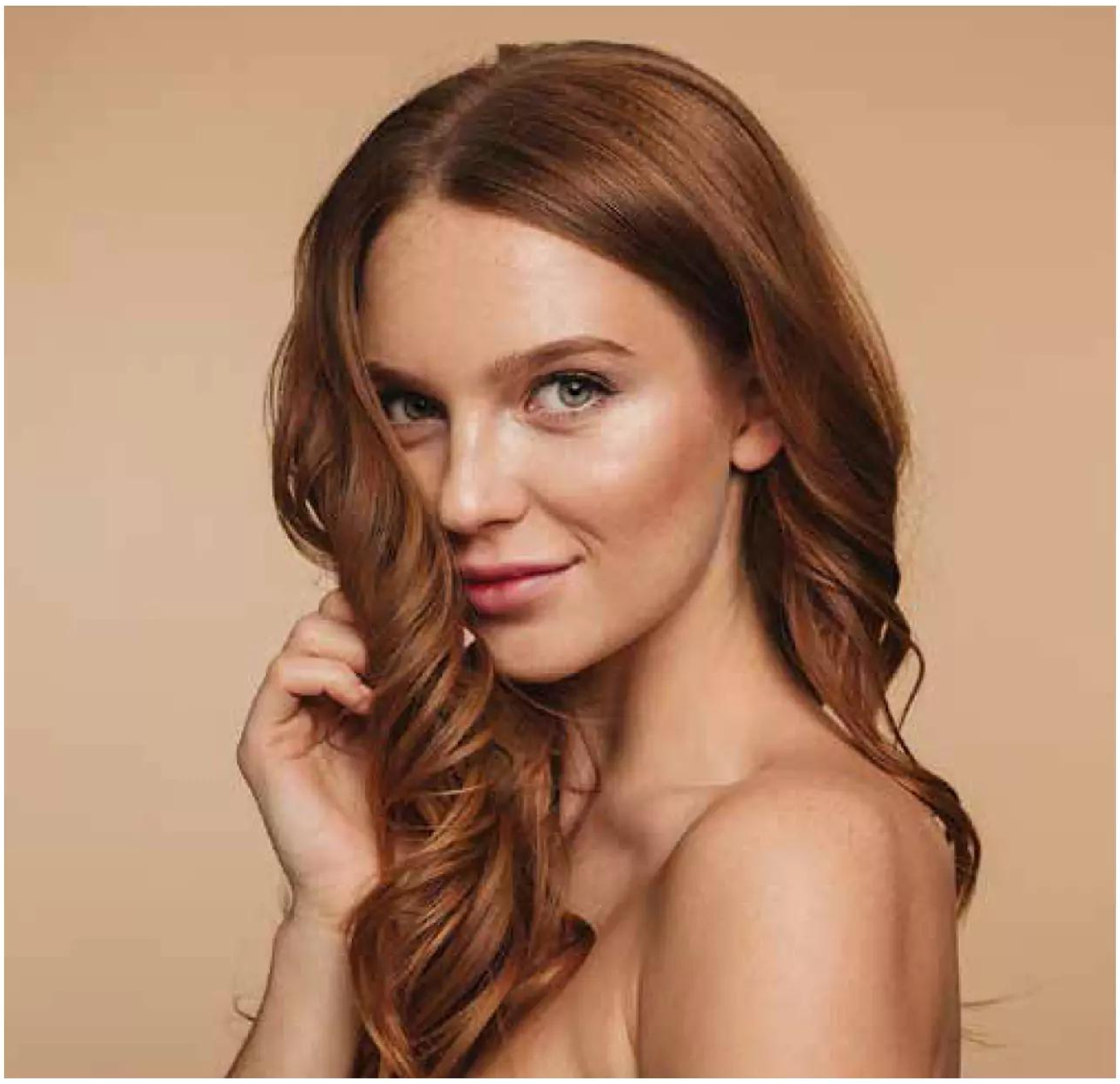
The Fractional Micro RF Skin Needling treatment is available with two variations to tailor the procedure to your individual skin needs and help achieve your desired results. The Full Depth Coagulation option with non-insulated needles allows for comprehensive rejuvenation from the skin's surface down to its deeper layers. This addresses various skin concerns, is safe for all skin types, and is a go-to option for acne and blemish control. For those seeking more targeted issues, the Dermis Only Coagulation method uses insulated needles for deeper skin renewal. It excels at intensive collagen remodelling, ensuring a more youthful and revitalised appearance for your skin.

After the treatment, it is crucial that you nurture your skin throughout the healing process. Redness, swelling and minor discomfort are some side effects you might experience after the treatment. However, these usually subside within a few days. Chic Skin and Laser Clinic's expert therapists also provide aftercare guidance suited to individual, specific needs. Results are usually visible within a few weeks and as collagen production increases, transformative improvement continues for several months more. To achieve optimal results, multiple treatments may be recommended.

Fraction RF microneedling at Chic Skin & Laser Clinics is a results-driven approach to beauty that enhances your natural skin and leaves you feeling confident, comfortable, and authentically you.

Other skin, hair, cosmetic and beauty treatments are also available at the luxe clinic. You can find them online at chicskinandlaserclinics.com.au or by consulting instore.

Chic Skin & Laser - Penrith
27 Riley St, Penrith NSW 2750
02 4732 2277
penrith@chicskinandlaserclinics.com.au



MINIMALIST MAKEUP

THE ART OF EFFORTLESS BEAUTY.

BY SAM CRUMPTON

In a world where bold and intricate makeup looks dominate social media, the minimalist makeup trend has emerged as a refreshing alternative.

The philosophy behind minimalist beauty is simple: enhance, rather than mask, your natural features using only a handful of essential products.

This trend isn't just about aesthetics—it's also a movement toward embracing individuality and simplifying daily routines.

The appeal of minimalist makeup lies in its versatility and ease. Instead of spending an hour contouring and layering products, this approach focuses on achieving a radiant and effortless look in minutes.

It's perfect for busy professionals, frequent travellers, or anyone who wants to streamline their beauty routine. Plus, using fewer products can be kinder to your skin, reducing exposure to potentially irritating ingredients.

Achieving a flawless minimalist makeup look requires just a few key products. A lightweight foundation or tinted moisturizer evens out skin tone while letting your natural complexion shine through.

A touch of cream blush adds a subtle, healthy glow without looking overly sculpted. Mascara enhances lashes, creating definition without looking too dramatic. Brow gel brushes brows into place, adding instant polish without the need for intricate shaping.

A moisturizing lip balm or tint gives lips a natural flush while keeping them hydrated.

Minimalist makeup isn't just about convenience—it also promotes self-confidence. By using fewer products, you highlight what makes you unique instead of concealing it.

This trend encourages individuals to embrace their features and recognize that beauty doesn't have to be complicated.

In a world filled with endless beauty options, the minimalist makeup movement is a reminder that sometimes, less truly is more.

Whether you're looking to simplify your daily routine or explore a more natural aesthetic, embracing minimalist beauty can be both freeing and empowering. ✚

SELF **CARE**

NURTURING MENTAL WELLNESS THROUGH SELF-CARE.

BY ROBYN DREW

In today's fast-paced and often overwhelming world, prioritizing mental wellness has become a cornerstone of a balanced and fulfilling life.

For women, juggling multiple roles—whether as professionals, caregivers, friends, or partners—can often lead to stress and emotional burnout. The antidote? Meaningful self-care practices that rejuvenate the mind, body, and spirit.

Self-care is more than pampering; it's an intentional act of preserving mental health. First and foremost, establishing boundaries is crucial.

Women often take on more than they can handle, feeling obligated to say "yes" to every request. Learning to say "no" is an empowering step towards carving out time for oneself and reducing unnecessary stressors.

Physical self-care plays a vital role in mental wellness. Regular exercise—whether it's yoga, dancing, or a brisk walk—releases endorphins that boost mood and reduce anxiety.

Additionally, nourishing the body with healthy meals fuels the brain with essential nutrients to stay focused and alert. Sleep is equally essential; ensuring a consistent sleep routine can dramatically improve emotional resilience and mental clarity.

Social connections are another pillar of mental wellness. Building a supportive network of family and friends provides a space to share feelings, seek advice, and laugh together.

Community and connection combat loneliness, one of the silent threats to mental health. However, it's important to strike a balance; spending time alone to reflect and recharge is just as valuable as socializing.

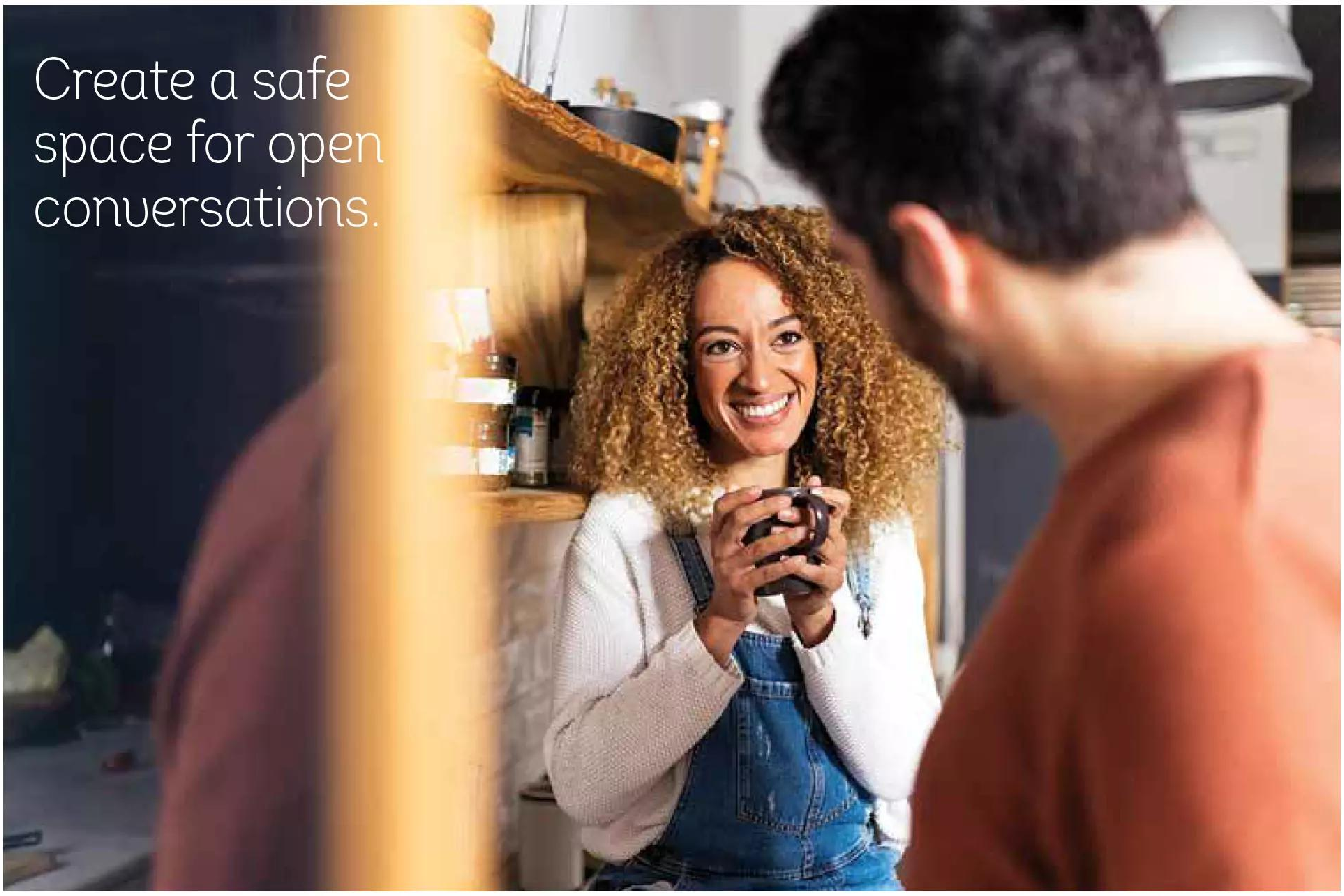
Mindfulness practices such as meditation and journaling offer powerful tools to cultivate mental wellness.

Spending even ten minutes a day in quiet reflection can enhance self-awareness and reduce the "mental clutter" that leads to overwhelm. Writing down thoughts and feelings can also provide clarity and perspective, helping to identify patterns or triggers that need attention.

Ultimately, self-care is personal and should be tailored to an individual's needs and preferences. It's not about indulgence; it's about sustainability—creating habits that support long-term mental health.

While women may feel societal pressure to always be productive, taking time to nurture their mental wellness is an invaluable investment. After all, when the mind is at peace, it radiates strength, creativity, and joy in every aspect of life.

> Social connections are another pillar of mental wellness.



Create a safe space for open conversations.

ACTIVE LISTENING

PRACTICAL TIPS FOR BETTER COMMUNICATION.

BY JULIE WRIGHT

In relationships, communication forms the very foundation of connection. It is the thread that binds trust, understanding, and intimacy.

Yet, in the hustle and bustle of daily life, many couples find themselves struggling to express their thoughts and feelings effectively. Mastering the art of healthy communication can transform relationships, bringing resilience and a deeper sense of fulfilment.

Healthy communication is more than just the exchange of words. It involves listening with intent, showing empathy, and being open to understanding another person's perspective.

When partners communicate well, they nurture trust and respect, allowing them to navigate challenges and celebrate joy together. On the other hand, poor communication can breed misunderstandings, resentment, and emotional disconnection.

For instance, consider a situation where one partner feels overwhelmed by work responsibilities while the other feels neglected. Without open dialogue, these emotions can simmer, creating tension.

However, with healthy communication, they can express their concerns, validate each other's emotions, and work collaboratively to find balance.

Central to healthy communication is the ability to listen actively. This means giving your full attention to what your partner is saying, noticing not only their words but also their tone and emotions.

It requires setting aside distractions, refraining from interrupting, and focusing on understanding rather than formulating a response. Alongside this, empathy plays a crucial role.

By putting yourself in your partner's shoes, you foster understanding and build a deeper connection. Empathy bridges gaps and allows you to respond with care and compassion.

Equally important is expressing feelings clearly and honestly. Ambiguity or passive-aggressiveness can lead to confusion and hurt.

Instead, it is better to use "I" statements to convey your emotions, such as saying, "I feel upset when this happens," rather than resorting to blame or accusations. Respecting boundaries is another cornerstone of effective communication.

It entails speaking respectfully, avoiding shouting, and refraining from using hurtful language. Non-verbal communication, such as facial expressions, gestures, and tone, also plays a significant role, often revealing emotions that words cannot.

To foster better communication, it is helpful to create a safe space for open conversations. Choosing a time when both partners are calm and undistracted can make a significant difference. Discussing sensitive topics during moments of stress or anger is often counterproductive.

Practising active listening during these conversations can further enhance understanding. Demonstrating engagement through eye contact, thoughtful responses, and clarifying questions helps ensure that both partners feel heard.

Expressing gratitude and appreciation is another powerful tool for strengthening bonds. Acknowledging your partner's efforts and qualities fosters positivity and reinforces your connection.

Healthy communication is not just a skill; it is the very heart of a strong and enduring partnership. ✚

GO LIFT

BREAKING THE MYTHS ON STRENGTH TRAINING FOR WOMEN.

BY HELEN DUNE

For years, strength training has been enveloped in myths and misconceptions, especially when it comes to women. Thankfully, times are changing, and more women are embracing the empowering benefits of lifting weights.

But there's still work to do in busting those lingering myths and helping women realize that strength training isn't just for building muscles—it's for building confidence, health, and resilience.

One of the most pervasive myths is the fear of "bulking up." Many women worry that lifting weights will give them an overly muscular physique.

In reality, women typically have lower levels of testosterone than men, making it much harder to build large muscle mass. Instead, strength training helps sculpt a lean, toned body while boosting metabolism, leading to increased fat loss and improved overall fitness.

> Strength training also has incredible mental health benefits.

Another common misconception is that cardio is the only way to stay fit. While cardio has its benefits, strength training plays a crucial role in enhancing muscle endurance, building bone density, and preventing conditions like osteoporosis.

It also improves functional strength, making everyday tasks—like carrying groceries or chasing after kids—feel much easier.

For those hesitant to start, strength training doesn't have to mean heavy barbells at the gym. Bodyweight exercises, resistance bands, and dumbbells are fantastic starting points, whether at home or in a fitness class.

The key is finding a routine that feels accessible and gradually increasing intensity as confidence and strength grow.

Strength training also has incredible mental health benefits. The sense of achievement from progressing in weights or mastering a new movement can be immensely empowering. It fosters discipline, resilience, and a deeper connection with one's body.

It's time to leave the myths in the past and embrace strength training as a key component of women's fitness.

Whether you're a beginner or looking to elevate your routine, lifting weights is an investment in your physical and mental well-being. Start small, stay consistent, and let the results speak for themselves—strong truly is the new beautiful. ✚

PET MENTAL HEALTH

RECOGNIZING AND SUPPORTING ANXIETY IN YOUR FUR BABIES.

BY JOHN SEAL

Anxiety and stress aren't exclusive to humans. Our furry friends, whether they're mischievous cats, loyal dogs, or talkative birds, can experience emotional turmoil too.

As pet owners, it's crucial to understand that pets communicate their discomfort differently—and learning their language is the key to fostering their mental well-being.

Recognizing the signs of anxiety in pets is an essential first step. Dogs might become excessively clingy or withdraw from social interaction altogether.

Their distress can also manifest as excessive barking, pacing, or destructive behaviours like chewing furniture.

Cats, known for their typically stoic demeanour, might avoid their litter box or seek refuge in secluded corners.

Birds, on the other hand, might pluck their feathers or stop their cheerful chirping altogether. Paying close attention to these behaviours allows you to address your pet's anxiety before it worsens.

The causes of pet anxiety are varied. Changes in routine, loud noises such as thunderstorms or fireworks, and separation anxiety are some of the more common triggers.

In certain cases, past trauma or inadequate socialization during a pet's early life can be contributing factors. Even boredom or a genetic predisposition can result in stress for some pets. Understanding these triggers helps you adapt your care approach to their individual needs.

One of the most effective ways to ease your pet's anxiety is by providing them with a safe space. A cozy nook or a quiet room can offer them refuge when they're feeling overwhelmed.

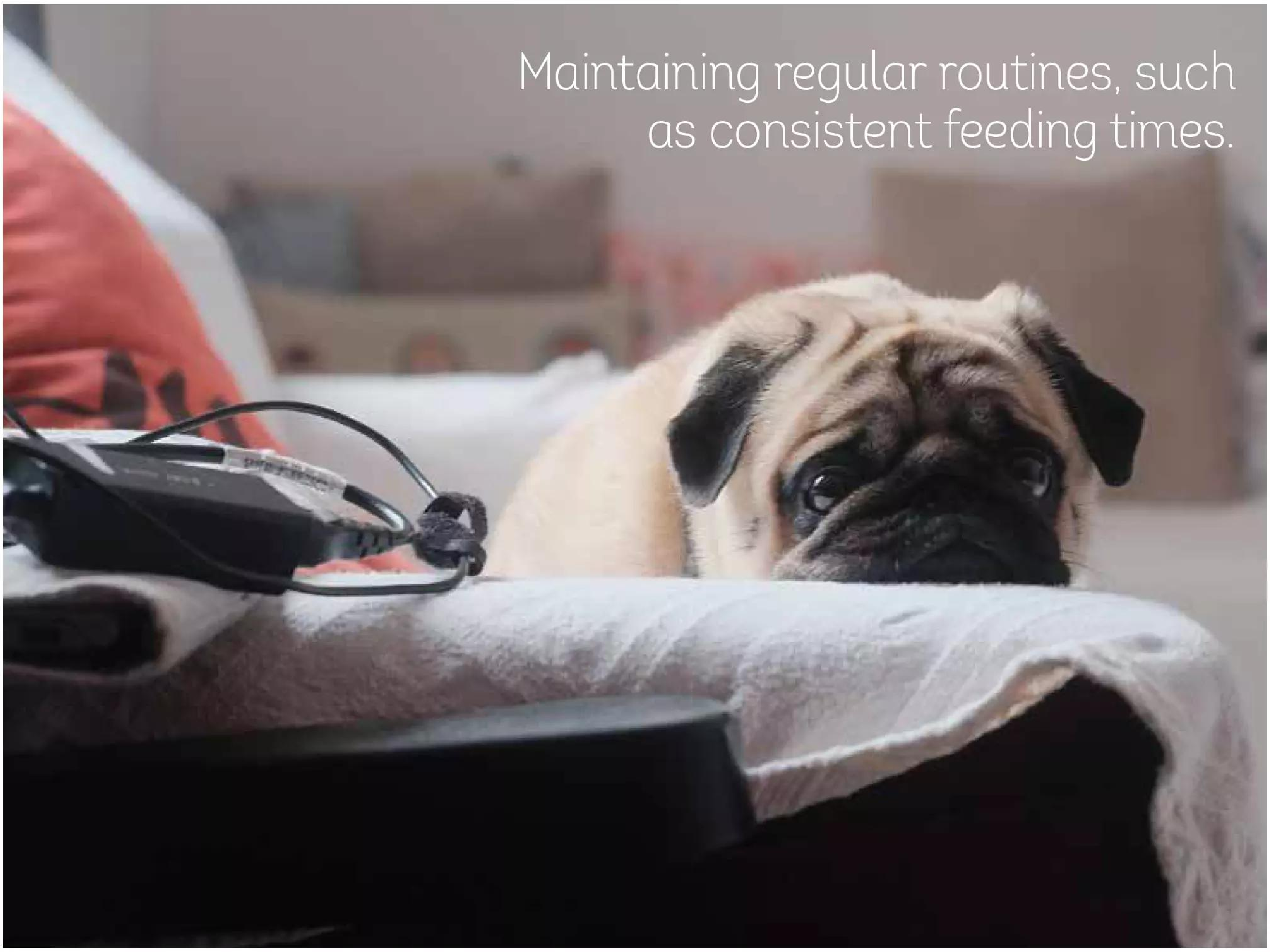
Maintaining regular routines, such as consistent feeding times and scheduled walks or play sessions, also fosters a sense of security.

Engaging their minds and bodies through interactive play, like puzzle toys for dogs or laser pointers for cats, can keep them occupied while reducing stress. Tools designed specifically for calming pets, such as anxiety wraps, pheromone diffusers, or soothing music playlists, can also provide much-needed relief.

If your pet's anxiety persists, consulting a veterinarian or animal behaviourist is invaluable. Professionals can recommend tailored solutions, including specific training techniques or, if necessary, medications.

Your patience and presence remain the most comforting remedies. Pets thrive on connection, and by understanding their needs, you strengthen the bond you share while reinforcing their trust in you.

Mental health care for pets is not just an act of kindness — it's a responsibility. When you nurture their well-being, their wagging tails, content purrs, and joyful chirps will say thank you in ways words never could. ✚



Maintaining regular routines, such as consistent feeding times.

FESTIVAL **FEVER**

MUST-VISIT GLOBAL EVENTS HAPPENING THIS JULY.

BY JOHN DREW

Gion Matsuri brings Kyoto City to life each July. Below: Two women in yukata near a market in Kyoto.

July is a month of vibrant celebrations, where cultures across the world come alive with festivals that embody centuries of tradition, music, and adventure.

From adrenaline-fueled spectacles to elegant artistic gatherings, these events offer travellers an unforgettable experience.

Few festivals conjure up as much thrill and controversy as the Running of the Bulls, held in Pamplona, Spain. This centuries-old tradition, which takes place from July 6 to July 14, is part of the larger San Fermín festival, honouring the city's patron saint.

The main attraction—the bull run—occurs every morning at 8 a.m., where daring participants dash through Pamplona's old-town streets, with charging bulls hot on their heels. Though this is undoubtedly an adrenaline-pumping spectacle, San Fermín offers much more than its famed bull run.

The city transforms into a massive celebration filled with live music, traditional dances, and extravagant fireworks displays. Visitors can immerse themselves in Spanish culture by witnessing the procession of giant figures (Los Gigantes), participating in traditional feasts, and enjoying the rhythmic beats of street performances.

For travellers planning to attend, it's crucial to

JAZZ
MONTREUX
JAZZ Festival

For music lovers, Montreux Jazz Festival is a dream come true.

prioritize safety. If you're not up for running with the bulls, the festival still has plenty to offer—from watching the run from a balcony to soaking in the lively atmosphere of Pamplona's streets.

Meanwhile, Japan's Gion Matsuri, held throughout the entire month of July, is one of the most spectacular and historically rich festivals in the country. Originating in the 9th century as a purification ritual to ward off plagues, the festival has evolved into a grand event showcasing Kyoto's deep cultural roots.

The festival's highlight takes place on July 17 and July 24, during the Yamaboko Junko parade, where massive, elaborately decorated floats (yamaboko) are pulled through Kyoto's streets. Some of these floats reach up to 25 meters in height, adorned with intricate tapestries and traditional artwork.

These iconic structures are a stunning display of craftsmanship and tradition, making the parade a visual feast for spectators.

In addition to the grand procession, visitors can explore Kyoto's many food stalls, savour traditional Japanese delicacies, and admire the city's timeless beauty illuminated by festive lanterns.

The mystical and historic ambiance of Gion Matsuri makes it an essential stop for travellers eager to witness Japanese cultural heritage at its finest.

For music lovers, July's Montreux Jazz Festival in Switzerland is a dream come true. Known as one of the world's most prestigious music festivals, Montreux attracts top-tier musicians from around the globe.

Though originally rooted in jazz, today's lineup includes everything from blues to rock, electronic, and hip-hop, ensuring a diverse and electrifying experience for attendees.

Held on the scenic shores of Lake Geneva, Montreux offers breathtaking views alongside world-class performances.

The festival, which runs for two weeks in early July, is famous for its intimate concert venues, where audiences can experience close interactions with performers. Legendary artists such as Miles Davis, David Bowie, and Stevie Wonder have graced Montreux's stages, solidifying its reputation as a cornerstone of the global music scene.

Beyond the concerts, visitors can partake in workshops, jam sessions, and boat cruises featuring live performances. The relaxed atmosphere and stunning Swiss landscape make Montreux an ideal destination for those who want to combine their love for music with the charm of European travel.

July is undeniably a month of excitement, filled with festivals that cater to every type of traveller. Whether it's the pulse-racing energy of Pamplona, the rich traditions of Kyoto, or the sophisticated sounds of Montreux, these events offer immersive experiences that go beyond sightseeing.

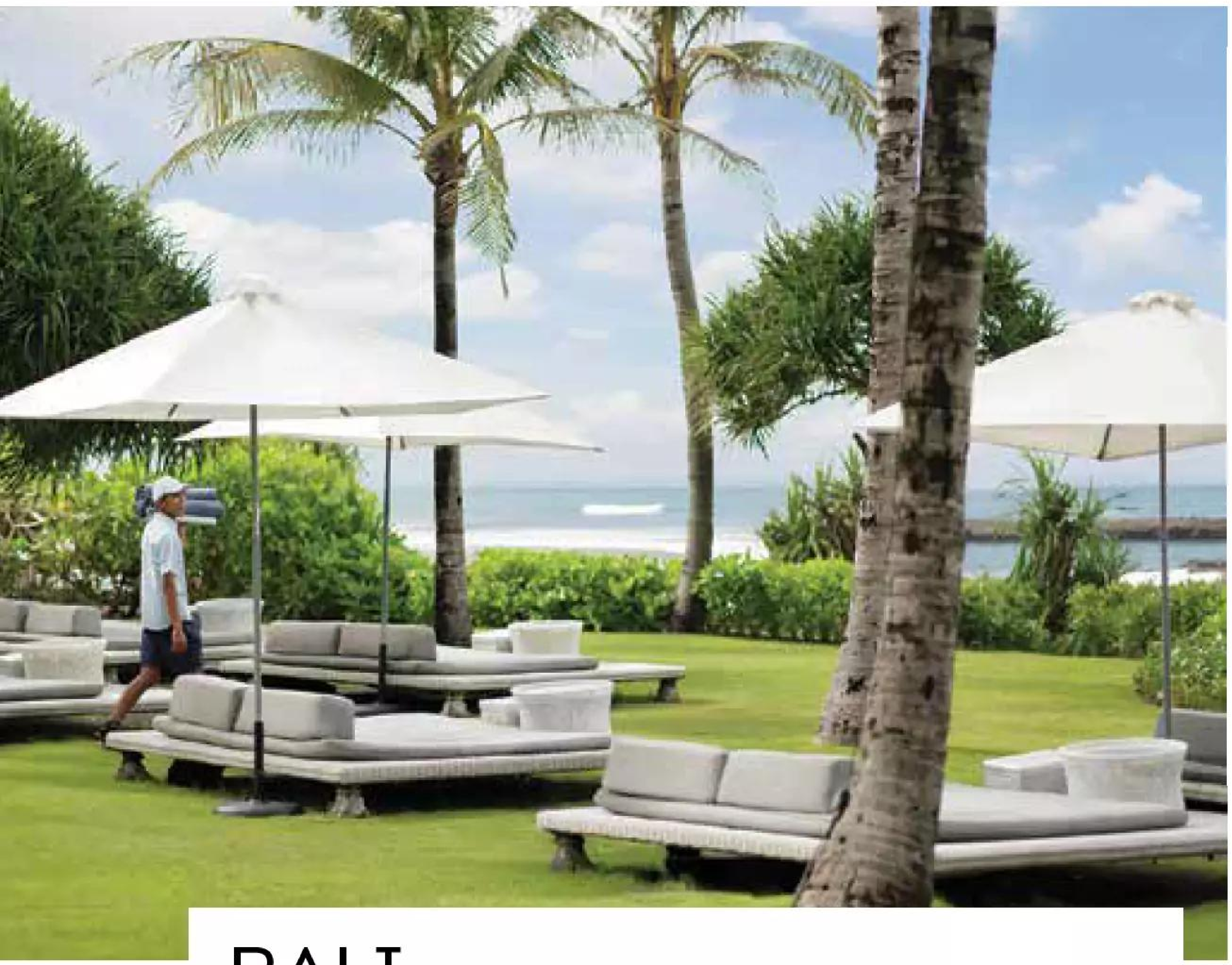
For those looking to turn their next adventure into a cultural exploration, attending one of these global festivals promises memories that will last a lifetime. ✚

BUCKET LIST

DESTINATIONS THAT ARE HOT RIGHT NOW.

NEW START

Mandarin Oriental Hotel Group revealed the seasonal reopening of three of its celebrated resorts: Mandarin Oriental, Lago di Como, Mandarin Oriental, Bodrum and Mandarin Oriental, Costa Navarino. Each property offers the perfect waterfront setting and delivers experiences crafted with the Group's signature legendary service coupled with local cultural influences.



BALI

Experience an enchanting sunset tour by car to Tanah Lot with COMO Uma Canggu. The temple lies 12 kilometres to the north west of the hotel and comprises sea temples standing on tide-shaped rocks on the west coast of Bali. This holy site is a popular place from which to see the spectacular sunset. According to local lore, this sea temple was built by priest Nirartha, who asked a poisonous sea snake to guard the holy temple.

www.comohotels.com/bali/como-uma-canggu

JAPAN

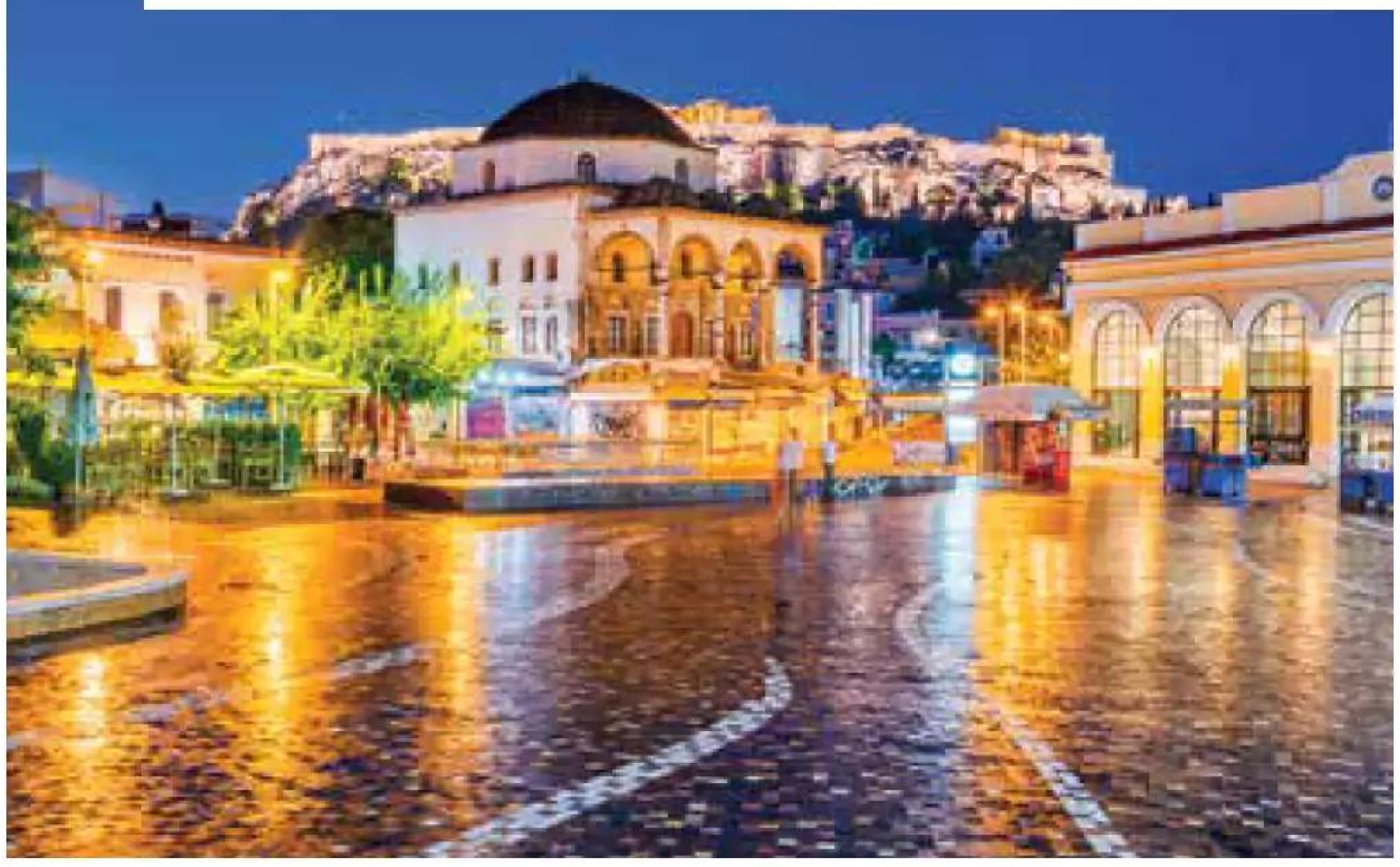
Flight Centre offers a 12-night trip across Tokyo, Kyoto, and Osaka, including return international flights from Sydney and stays in top hotels like Hotel Gracery Shinjuku in Tokyo, ibis Styles Kyoto Station, and Rihga Royal Hotel Osaka. The package includes a 7-day Japan Rail Pass for seamless travel and a Tokyo Metro Pass for easy exploration. Highlights include Shibuya Crossing, Fushimi Inari Taisha, Osaka Castle, and vibrant Dotonbori nightlife. Travelers can enjoy a mix of ancient temples, high-energy city life, and stunning landscapes. With expert planning and 24/7 support, this journey offers a perfect blend of adventure and culture.

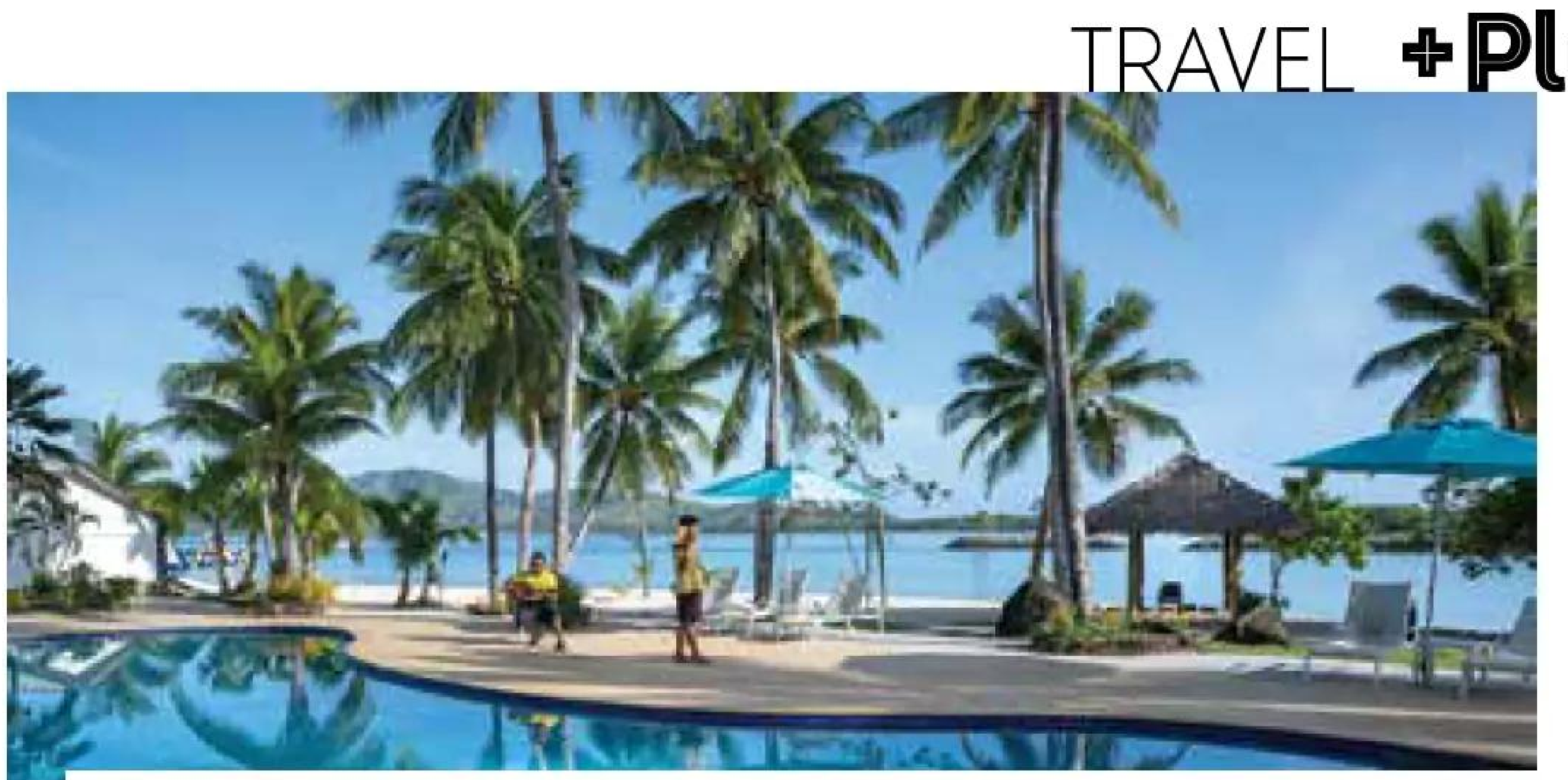
Price: $ $5,645 for two people.

www.flightcentre.com.au

HIGH SEAS

Explora Journeys has announced the launch of a seasonal exclusive offer designed to inspire discerning guests to explore the world's most captivating destinations while enjoying savings of up to 2000 Euros per suite. From the timeless elegance of the Mediterranean to the tropical vibrancy of the Caribbean and the extended escapes of the Grand Journeys, this invitation is designed to enhance the journey from the very beginning. Trips start from October to December. **www.explorajourneys.com**





FIJI

Flight Centre offers a 5-night family escape to Plantation Island Resort in Fiji's Mamanuca Islands, featuring 2 free nights, a FJD$200 food and beverage credit, and unique cultural experiences like Fijian cooking lessons and coconut leaf weaving. Families can enjoy daily buffet breakfasts, snorkelling tours, and activities like scuba diving, golf, and water sports across 23 acres of tropical gardens and white sandy beaches. Roundtrip airport transfers are included for convenience. The package provides up to $1660 in bonus value, making it an affordable way to experience Fiji's natural beauty and warm hospitality. Book before June 30, 2025 for travel in early 2026. Price: $500 per person, min four people. **www.flightcentre.com.au**

ICELAND

The Iceland Intensive Cruise aboard Celebrity Silhouette offers a 7-night journey through Iceland's most breathtaking coastal destinations. Departing August 1, 2025, the itinerary includes stops at Seydhisfjordur, Akureyri, and Isafjordur, along with time to explore Reykjavik. Travelers can enjoy vibrant Nordic culture, stunning fjords, and geothermal wonders. The ship features luxury accommodations, fine dining, a spa, and world-class entertainment. Special promotions include up to 75% off the second guest and savings up to $700. With modern amenities and scenic landscapes, this cruise promises an unforgettable Icelandic adventure. Book now for a unique experience in the land of fire and ice! Price: $1893 per person. **www.flightcentre.com.au**

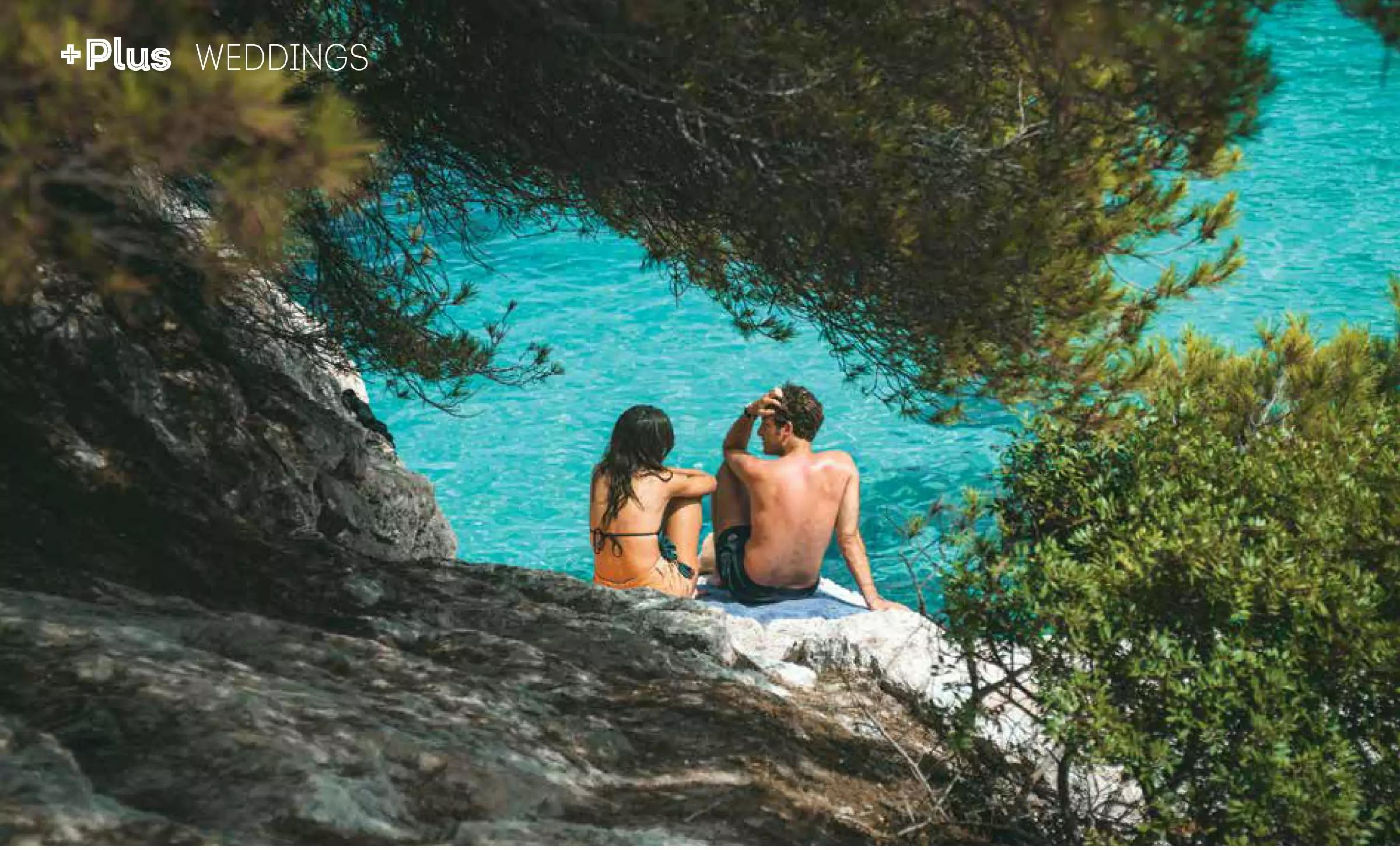
Celebrity APEX

VIETNAM

World Expeditions offers an 11-day self-guided cycling adventure through Vietnam, from the lush Mekong Delta to the misty Central Highlands. Designed for confident travellers seeking flexibility and cultural immersion, the journey follows quiet backroads, passing rice paddies, coconut groves, and Khmer temples. Highlights include exploring Cai Rang's floating market by traditional boat and cycling through tea and coffee estates in the highlands. Accommodation includes boutique hotels and traditional village homestays, providing an authentic local experience. Price: $3190. **ww.worldexpeditions.com**

PATAGONIA

World Expeditions offers a guided W-Trek adventure through Torres del Paine National Park in Chilean Patagonia, featuring breathtaking landscapes of jagged peaks, glacial valleys, and blue lakes. Hikers explore the French Valley, Grey Glacier, and the famous Towers, staying in the award-winning EcoCamp Patagonia, known for its sustainable dome accommodations. The trek is fully supported, with experienced guides, meals, and transfers included. Travellers carry only a day pack, making the journey immersive yet comfortable. Perfect for active adventurers, this 7-day trek provides a deep connection to Patagonia's raw beauty while prioritizing environmental sustainability. Price $3590. **www.worldexpeditions.com**



HONEYMOON DESTINATIONS

WE CHECK OUT ROMANTIC ESCAPES FOR NEWLYWEDS.

BY DAN TRUTE

A honeymoon is the perfect opportunity for newlyweds to celebrate their love while exploring breathtaking destinations.

Whether you're dreaming of a tropical paradise, a cozy retreat, or a cultural adventure, here are some incredible options to inspire your post-wedding getaway.

For couples seeking an idyllic beach experience, Bora Bora is a dream come true. With crystal-clear waters, overwater bungalows, and lush greenery, this Polynesian paradise offers romance at every turn. Snorkelling among colourful marine life, sunset cruises, and private dinners on the beach are just a few highlights of this luxurious destination.

Europe is a treasure trove of romantic destinations. Imagine strolling hand-in-hand through the charming streets of Paris, basking in the beauty of Italy's Amalfi Coast, or exploring the fairytale villages of Santorini, Greece. With a rich history, stunning architecture, and delectable cuisine, Europe offers endless options for honeymooners seeking culture and elegance.

> The Maldives is synonymous with romantic seclusion.

For couples who crave adventure, New Zealand provides a perfect blend of thrill and natural beauty. From hiking in Fiordland National Park to bungee jumping in Queenstown or exploring glowworm caves in Waitomo, there's no shortage of excitement. The scenic landscapes and warm hospitality make this destination truly unforgettable.

If wildlife and luxury are on your wish list, consider a honeymoon safari in Africa. Serengeti National Park in Tanzania or Kruger National Park in South Africa offer incredible opportunities to witness majestic animals in their natural habitat. Stay in lavish lodges and enjoy sunset game drives for an extraordinary experience.

The Maldives is synonymous with romantic seclusion. Picture yourself lounging in a private villa, surrounded by turquoise waters and pristine beaches. Couples can indulge in spa treatments, explore coral reefs, and savor gourmet meals while enjoying the serenity of this stunning archipelago.

No matter your preference, honeymoon destinations provide the perfect backdrop for creating lasting memories. Whether you're relaxing on a beach, exploring vibrant cities, or seeking adventure in the great outdoors, the world is full of places to celebrate your new journey together. Your honeymoon is more than a vacation—it's the beginning of a lifetime of love and exploration. So pack your bags, and get ready for the trip of a lifetime! ✚

1
2024 design
24 DAYS of STATIONERY

WINDOW SHOPPING

EXPLORE OUR HANDPICKED SELECTION OF TREASURES.

1 Calendar Martha Brook's 24 Days of Stationery Advent Calendar offers a delightful countdown with premium stationery surprises. Stylish and practical, it's perfect for stationery lovers in Australia and the UK, available for presale in May. www.marthabrook.com **2 Stylish** French Bedroom's Fringed Décor & Furniture collection revives classic elegance with velvet cushions, rattan lights, and upholstered beds. Stylish and timeless, these pieces add texture and charm to interiors, available in the UK and Australia. www.frenchbedroom.co.uk **3 Scarfs** Clare Haggas Fine Art & Design Ltd presents The Game Fair 2025 Limited Edition Scarf, a stylish accessory celebrating British countryside heritage. Crafted with premium materials, it blends elegance and tradition, available internationally. www.clarehaggas.com **4 Light** Piumati's Murano Glass Lighting collection features artisan-crafted chandeliers, pendant lights, and floor lamps in vibrant sun-kissed shades. Designed in Italy, these elegant pieces blend modern aesthetics with Venetian tradition, available in Australia and Italy. www.piumati.com **5 The Petit Pois** Sweet Peas collection by Home Landing Ltd features high-quality linen and cotton tableware with charming pea-themed designs. Products include printed tea towels, tablecloths, and table runners in pink and green hues. www.home-landing.co.uk **6 Casa** Casa by JJ's Kitchen Garden Collection features whimsical home decor inspired by fruits and vegetables. The collection includes cabbage leaf vases, candle holders shaped like peppers, and vintage-style ceramics. www.casabyjj.com **7 Bird House** OPOSSUM design offers stylish and functional birdhouses and bird baths, enhancing garden aesthetics while supporting local wildlife. Crafted with durable materials, these products provide shelter and hydration for birds. www.opossum-design.com **8 Resin Table** ThePrintedFind's Resin-Marble Fusion Collection reinvents premium plywood desks with a sleek, modern aesthetic. These durable, stylish designs blend innovation with functionality, ideal for contemporary spaces. Available in Australia and the UK. www.theprintedfind.com **9 Beach Art** Beach House Art's Shell-comes Collection features hand-painted clam, conch, cowrie, and scallop shell artworks with marine blue and natural backgrounds. Elegant and unique, these framed pieces add coastal charm to interiors. www.beachhouseart.co.uk

The smart ring is a game-changer in the wearable tech space.

KEY POINTS

- Outstanding Battery Life - up to 12 days
- Affordable Price Point - $299
- No Subscription Required
- Comprehensive Health Tracking
- Lightweight and Stylish Design
- User-Friendly App

ONE **RING**

RINGCONN GEN 2 IS A SMART RING REVOLUTION.

BY PETER JONES

The wearable tech market has seen a surge in innovation, and the RingConn Gen 2 smart ring is a standout contender.

Compact, stylish, and packed with features, this smart ring is designed to cater to health-conscious individuals and tech enthusiasts alike. In this review, we delve into its advantages, use cases, and the accompanying software that makes it a compelling choice.

The RingConn boasts several advantages that set it apart from competitors.

First and foremost is its impressive battery life. With up to 12 days of usage on a single charge, it eliminates the hassle of frequent recharging2. The ring is lightweight, weighing only 2-3 grams, making it comfortable for extended wear.

Its sleek design, available in various colours, ensures it complements any outfit while remaining discreet.

Another notable advantage is its affordability. Priced at $299, it offers a cost-effective alternative to high-end smart rings like the Oura Ring.

Additionally, the Gen 2 does not require a subscription for its app, making it a budget-friendly option for users seeking comprehensive health tracking.

The Gen 2 is ideal for a range of use cases. It excels in sleep tracking, providing detailed insights into sleep patterns and quality.

For individuals looking to monitor their overall wellness, the ring tracks heart rate, activity levels, and stress, offering a holistic view of health. It also includes sleep apnea tracking, a feature that can be invaluable for those with sleep disorders.

While the ring is not a dedicated fitness tracker, it supports tracking for running, cycling, and walking. This makes it suitable for casual fitness enthusiasts who want to keep tabs on their physical activity without the complexity of advanced fitness metrics.

The Gen 2 comes with a user-friendly app that enhances its functionality. The app provides detailed health metrics, including wellness scores and badges for healthy habits.

It also offers recovery-type metrics, helping users understand their body's readiness for physical activity. The app's intuitive interface ensures that users can easily access and interpret their data.

One of the standout features of the software is its lack of subscription fees. This means users can enjoy all the app's features without worrying about recurring costs. The app also includes notifications for battery life, ensuring users are never caught off guard4.

The Gen 2 smart ring is a game-changer in the wearable tech space. Its combination of affordability, functionality, and stylish design makes it a must-have for anyone looking to enhance their health and wellness journey.

Whether you're tracking your sleep, monitoring your heart rate, or simply seeking a sleek accessory, the Gen 2 delivers on all fronts. With its impressive battery life and subscription-free app, it offers exceptional value for money.

If you're in the market for a smart ring, the Gen 2 is undoubtedly worth considering. ✚

PALISADE

The all-new Hyundai Palisade SUV has made its debut showcasing a bold design, enhanced capabilities, and cutting-edge technology.

Hyundai's flagship three-row SUV is bigger and better, offering a premium cabin and improved performance to meet the needs of modern drivers.

A standout feature is the introduction of a hybrid powertrain, delivering up to 245 kW and an impressive estimated driving range of 996 kilometers. The Palisade also introduces the XRT PRO model, designed for off-road enthusiasts with enhanced hardware and rugged styling.

Inside, the Palisade boasts a spacious and luxurious interior, featuring Relaxation seating, dual 12.3-inch digital displays, and a Bose 14-speaker audio system. Convenience is prioritized with wireless charging, USB-C ports, and advanced safety technologies like a built-in dual-camera Dash Cam and third-row seatbelt pre-tensioners.

Safety is evident with ten airbags, advanced driver-assist systems, and innovative features like Rear Occupant Alert and Digital Key 2.0.

The 2026 Palisade is set to launch locally at the end of the year, as a hybrid.

ON THE **ROAD**

FOR ALL THE LATEST MOTORING NEWS

TASMAN

Kia has confirmed pricing for the Dual Cab Pick-Up - the Kia Tasman.

Priced at $42,990 for the S 4x2 trim while the X-Pro 4x4 flagship tops out at $74,990.

Dual Cab Pick-Up trims will launch concurrently in July. The Dual Cab Chassis will arrive approximately one month later followed by the Single Cab Chassis in late 2025. All Tasmans will be available with payload ratings exceeding 1,000kg, with even the best-equipped X-Pro 4x4 capable of carrying 1,013kg. For those needing to maximise payload capability, the base S 4x2 Single Cab Chassis is rated for 1,124kg.

All Dual Cab Pick-Up variants are also available with a reduced payload option specifically at meeting the criteria for novated leases, which often require a payload of under 1,000kg. Helping to manage heavier towed loads as safely as possible is an Integrated Trailer Brake Controller (ITBC), which is fitted to all Tasmans, enabling electronic trailer brakes to be calibrated for optimal stability, with an override function within easy reach of the driver.

The ITBC integrates with Towing Mode, which enables the driver to set up specific towed loads and optimise all other towing related functions including Trailer Sway Control.

K O N A
N DA 05W

DRIVE INTO THE FUTURE WITH THE HYUNDAI KONA AND KONA HYBRID

The Blue Mountains is a place of natural beauty, where lush landscapes and winding roads invite exploration. At Sinclair Hyundai, we believe in driving towards a more sustainable future while still delivering the performance and versatility you need. That's why we're excited to offer two standout models that embody the perfect balance of efficiency and innovation: the Hyundai Kona and the Kona Hybrid.

THE HYUNDAI KONA

For those seeking a stylish, reliable, and feature-packed SUV, the Hyundai Kona base model is an outstanding choice. Priced at just $35,490* in Auto White (non-metallic), the Kona delivers a seamless driving experience with advanced safety features, a comfortable interior, and a modern design. Whether you're commuting through town or heading up the mountains for a weekend adventure, the Kona ensures a smooth, enjoyable ride every time.

THE HYUNDAI HYBRID

For drivers looking to reduce their carbon footprint without compromising on performance, the Hyundai Kona Hybrid is the perfect solution. Available in White at $39,997.25 driveaway*, the Kona Hybrid seamlessly blends petrol and electric power to maximise fuel efficiency while reducing emissions. This means you can enjoy the stunning scenery of the Blue Mountains while knowing you're making a responsible choice for the environment. The hybrid system intelligently switches between power sources, providing a responsive yet economical drive, perfect for both city commutes and open-road journeys.

WHY CHOOSE SINCLAIR HYUNDAI?

At Sinclair Hyundai, we're more than just a dealership—we're your partner in sustainable driving. We understand that the Blue Mountains community values the preservation of our incredible natural surroundings. That's why we're committed to offering vehicles that align with these values, providing a range of options that enhance efficiency while still delivering the power and comfort you expect.

TAKE THE NEXT STEP TOWARDS SMARTER DRIVING

Whether you're drawn to the bold style and practicality of the Kona or the eco-friendly innovation of the Kona Hybrid, Sinclair Hyundai has the perfect vehicle for you. Visit us today to test drive these exceptional models and experience the future of driving firsthand.

Driving Towards a Greener Tomorrow.

SINCLAIR HYUNDAI

Cnr York & Batt Street, Penrith NSW 2740
02 4760 0603, www.sinclairhyundai.com.au

*Driveaway price for a new Hyundai Kona, applicable at the time of purchase and subject to availability. Drive away price shown includes the 12 months of registration, compulsory third-party insurance (CTP), a maximum dealer delivery charge and stamp duty. Private buyers only. Excludes other offers. Options and metallic paint may be available for an additional cost. While stocks last. Sinclair Hyundai reserves the right to extend, withdraw or change all offers.

SINCLAIR
HYUNDAI

AUDI A3

Audi has revealed the new A3 and S3.

The beloved duo is available in both Sportback and Sedan body styles showcasing a revamped exterior design and a sharpened interior.

The A3 comes with a 4-cylinder 35 TFSI engine and 48V Mild Hybrid motor to produce 110kW of power and 250Nm of torque.

The new Audi A3 receives the S line treatment with a high-gloss exterior styling package with side window strips in anodised aluminium, S roof spoiler (Sportback only) and S line front and rear bumpers.

Externally, the hexagonal, frameless Singleframe is noticeably flatter and wider in appearance, and now situates the rings at the top of the grille.

The same is true of the rear, with a new bumper and distinctive diffuser making the vehicles appear more striking.

The interior also receives a significantly sharpened form, from the updated and fully integrated shifter design and air vents to new interior lighting.

Standard equipment has been significantly expanded with the addition of the S line interior, adding Sport front seats with integrated headrests and 4-way lumbar support and heating for the front passengers and electric seat adjustment for the driver, headlining in black, aluminium inlays and elements and stainless steel pedals.

LANDCRUISER

Toyota's legendary LandCruiser 300 Series flagship SUV range has arrived.

Priced from $97,990 plus on-road costs for the five-seat GX grade, the upgraded LandCruiser 300 Series range features the latest generation suite of Toyota Safety Sense driver assistance technologies along with an upgraded multimedia system with wireless Apple CarPlay and Android Auto.

The active safety features of the LandCruiser 300 Series have improved with new Toyota Safety Sense driver assistance features added across the six-variant model range.

For the entry-level GX, that includes lane trace assist with steering wheel vibration, emergency steering assist and the emergency driving stop system, which is designed to provide comprehensive protection for occupants and other road users.

Parking is also designed to be safer and easier with the addition of guidelines to the GX's reversing camera.

To ensure all necessary information is at hand for the driver, GX grades now feature a new 7.0-inch digital instrument cluster and a powered tilt and telescopic steering column.

LEXUS LX

Lexus has refined its flagship SUV, the Lexus LX, blending luxury with serious off-road capability. The standout addition is the LX Overtrail, featuring locking front and rear differentials and all-terrain tyres, allowing adventurers to tackle any terrain in style.

The twin-turbocharged V6 engines remain, with the LX 500d diesel (227kW, 700Nm) and LX 600 petrol (305kW, 650Nm), both paired with a 10-speed automatic transmission and full-time four-wheel drive. The LX can tow up to 3,500kg, ensuring practicality alongside its premium feel.

Inside, Lexus enhances comfort with a 12.3-inch display, wireless Apple CarPlay & Android Auto, soft-close doors, and advanced safety upgrades, including motorcycle and bicyclist detection and intersection emergency braking.

For peak luxury, the LX Ultra Luxury offers VIP-style reclining rear seats with massage functions. Pricing starts at $158,700, with the top-tier Ultra Luxury model at $220,950.

Meanwhile, the Luxury grade may be optioned with an Enhancement Pack, packaging 22-inch alloy wheels, moon roof and hands-free kick sensor for the powered tailgate.

RAV4

Toyota has unveiled its all-new RAV4 medium SUV.

The sixth-generation RAV4 will become the first Toyota offered in Australia with a plug-in hybrid (PHEV) powertrain, offering the choice of powerful 2WD or AWD arrangements and targeting up to 100km of electric-only driving range.

Underpinning the new plug-in hybrid system is a 2.5-litre petrol engine combined with a new 22.7kWh high-capacity lithium-ion battery that will provide a targeted electric only driving range of up to 100km.

Electric driving range is maximised with the help of geofencing technology, combining real-time road and traffic data along with insights from the driver's typical routes and driving style, to automatically switch between hybrid and electric modes.

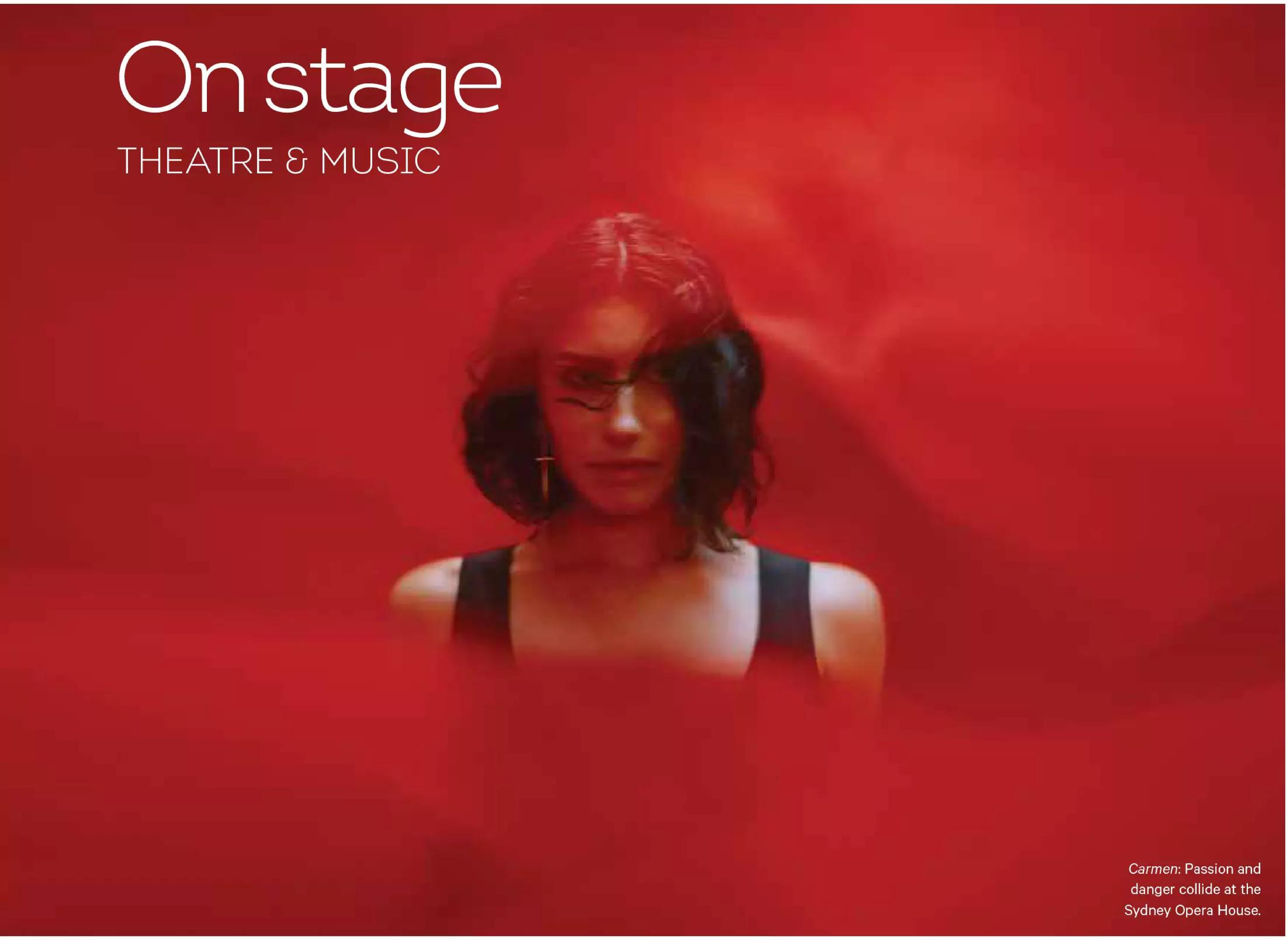
The new battery supports DC fast charging with a 50kW onboard charger, which can replenish the battery from 10 per cent to 80 per cent in just 30 minutes, while a new 11kW AC charger provides speedy recharging in as little as three hours.

A more affordable 2WD PHEV system will also be offered on RAV4, achieving a total system output of 201kW.

Prices will be revealed closer to launch.

On stage

THEATRE & MUSIC



Carmen: Passion and danger collide at the Sydney Opera House.

ROSS WILSON & THE PEACENIKS

Ross Wilson is hitting the road with his all-star band The Peaceniks to celebrate over 50 Years of Hits including all the Daddy Cool and Mondo Rock favourites you'd expect along with the latest offering from an almost 6-decade career, tracks from his latest EP on Bloodlines Records, She's Stuck On Facebook All The Time, and everything in between.

Venue: Bathurst Memorial Entertainment Centre
Date: June 13

MELBOURNE INTERNATIONAL COMEDY FESTIVAL ROADSHOW

Australia's most iconic comedy tour is hitting the road for a huge 27th year! Bringing together the brightest stars from the 2025 Melbourne International Comedy Festival, we're delivering top-tier humour straight to your town.

Venue: Orange Civic Theatre
Date: June 13

HAPPY DAYS

Stage and screen icon Pamela Rabe (The Children, The War of The Roses, The Lost Echo) immerses herself in one of the greatest roles ever written, Happy Days' eternal optimist, Winnie. Conceived and directed by award-winning theatre designer Nick Schlieper – Lighting Designer on The Picture of Dorian Gray, Strange Case of Dr Jekyll and Mr Hyde and Dracula – and Rabe herself, this production of Beckett's classic play is a unique creative offering and a once-in-a-lifetime theatrical experience.

Venue: Sydney Theatre Company
Date: Until June 15

LEE KERNAGHAN BOY FROM THE BUSH

After selling out his 2024 shows, Australia's country music legend Lee Kernaghan is bringing his Boys From The Bush – The Concert to more towns around Australia in 2025. Lee's amazing career now spans across 3 decades of trailblazing music making. He continues to deliver exciting live concert productions by fusing arena-rock bravado with country music's heart and soul, by joining the traditional country stories with real life on the land sensibilities and values, and in the process he continues to lead the pack in modernising and growing the genre and community that he fondly calls his mates.

Venue: Bathurst Memorial Entertainment Centre
Date: July 20

CARMEN

When Carmen meets Don José, sparks fly. She refuses to surrender her freedom; he refuses to let her go. Their passion ignites a thrilling path to tragedy. Bizet's Carmen delivers an electrifying ride of lust, jealousy, and spectacle. From the fiery overture to its devastating climax, the music dazzles with sensual dances, tender love songs, blazing choruses, and a constant undercurrent of danger. This is opera at its most visceral—bold, raw, and impossible to resist.

Venue: Sydney Opera House
Date: July 10 – Sep 19

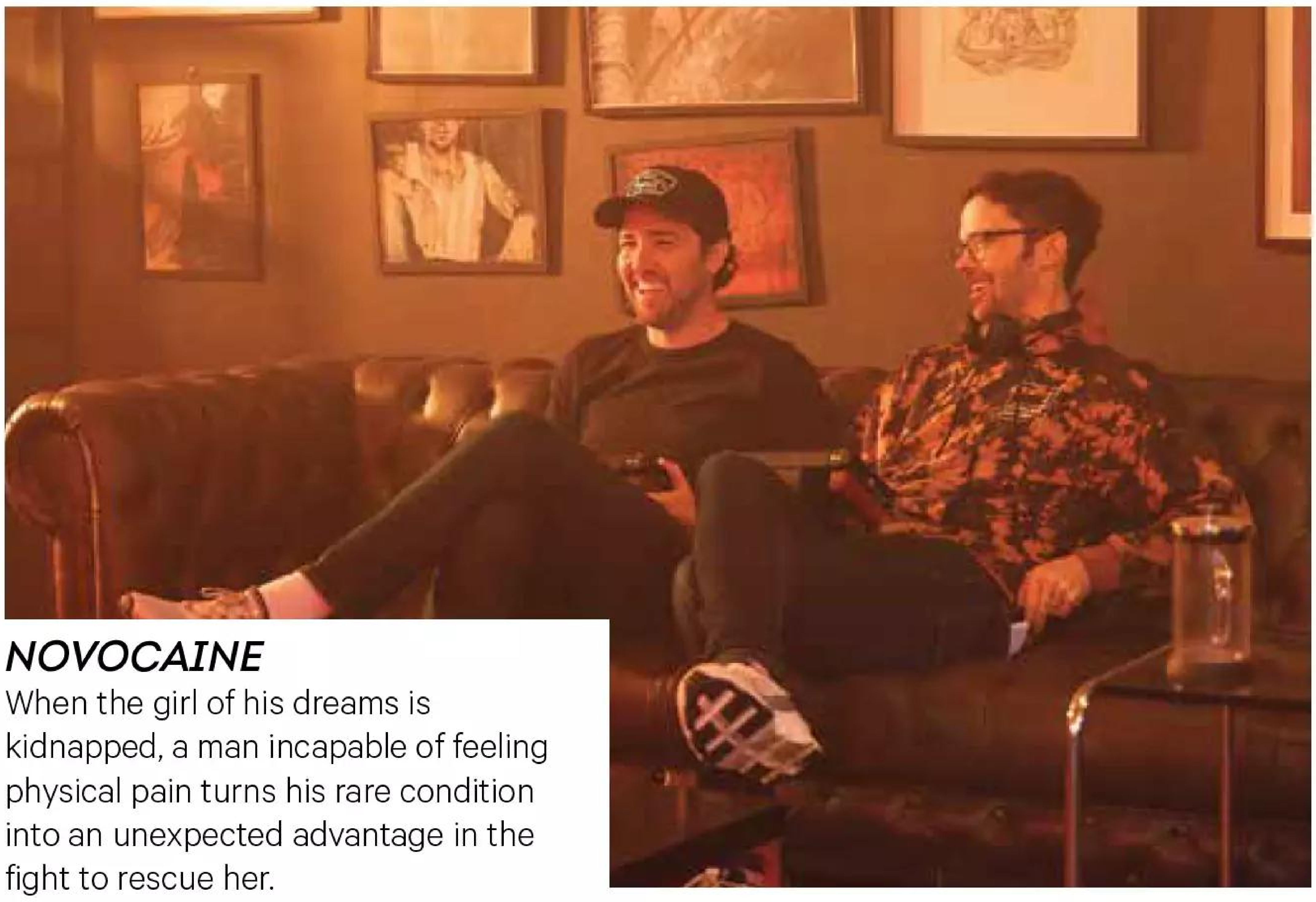
JOESPHINE WANTS TO DANCE

A hilarious musical about the importance of believing in yourself and realising your dreams and... a dancing kangaroo. Based on the picture book by Jackie French and Bruce Whatley, this delightful musical is a must see.

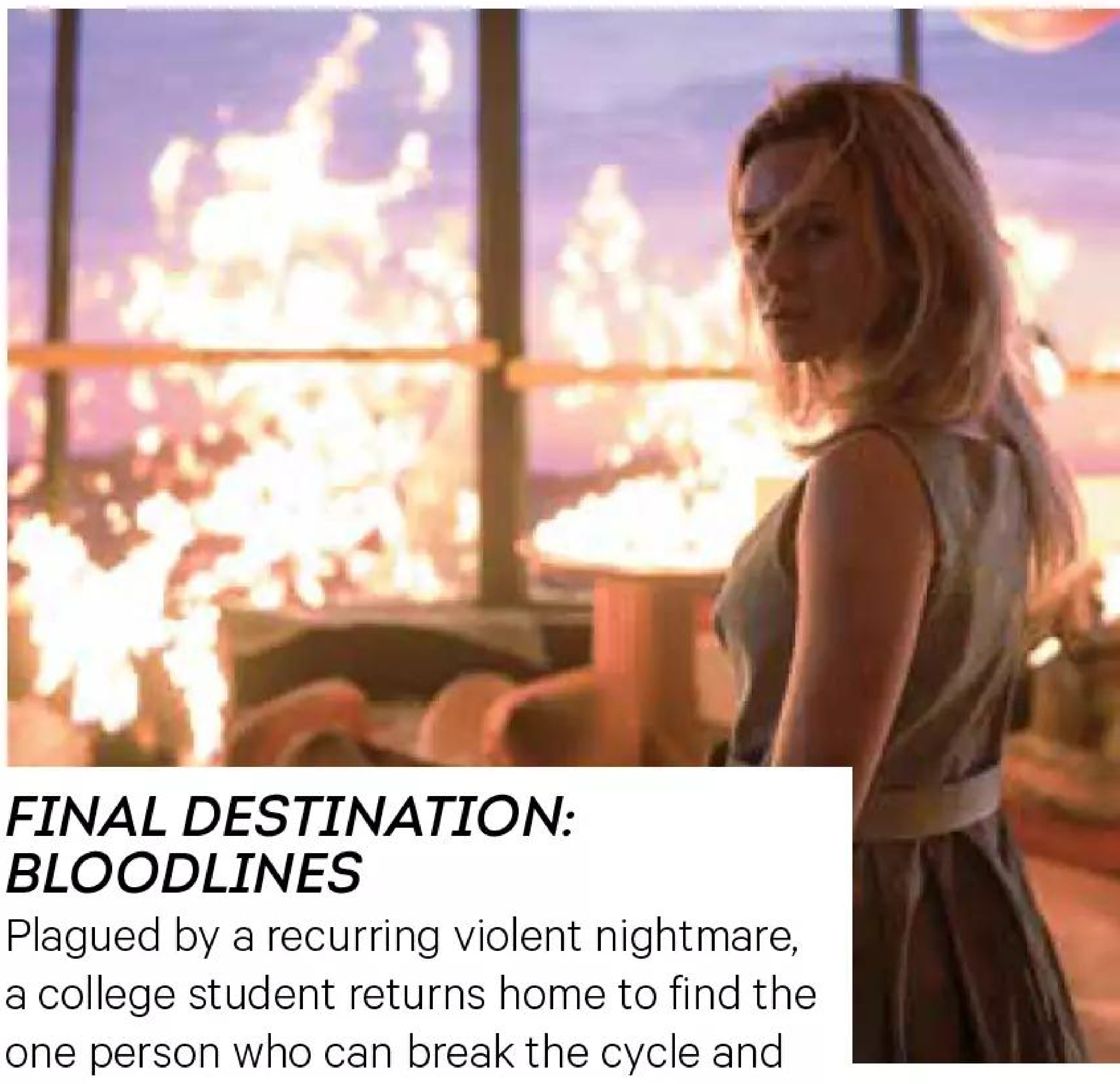
Venue: Orange Civic Theatre
Date: July 28

MISSION: IMPOSSIBLE – THE FINAL RECKONING
Our lives are the sum of our choices. Tom Cruise is Ethan Hunt in Mission: Impossible - The Final Reckoning.

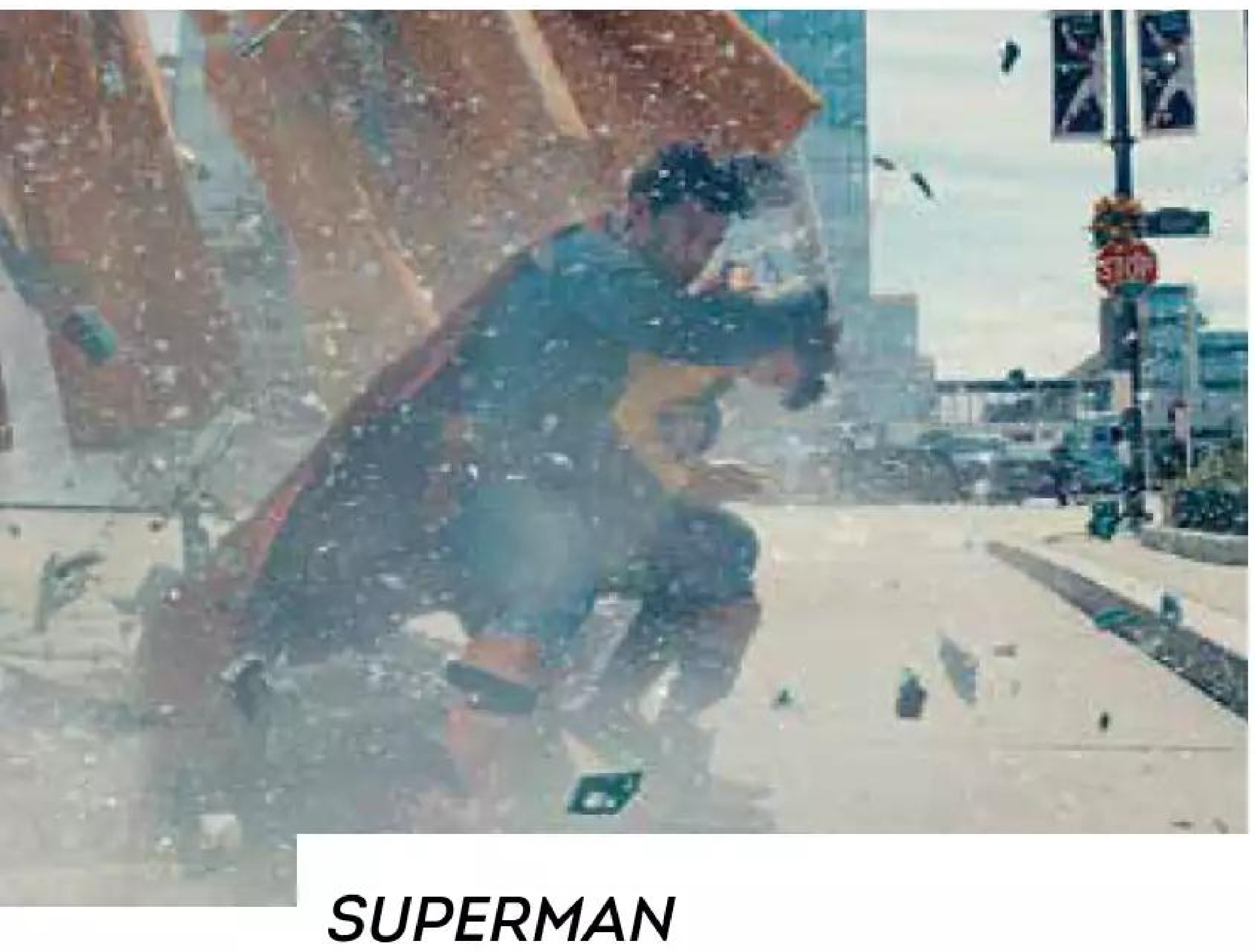
Film preview EXPLORE THE LATEST MOVIES.



NOVOCAINE
When the girl of his dreams is kidnapped, a man incapable of feeling physical pain turns his rare condition into an unexpected advantage in the fight to rescue her.



FINAL DESTINATION: BLOODLINES
Plagued by a recurring violent nightmare, a college student returns home to find the one person who can break the cycle and save her family from the horrific fate that inevitably awaits them.

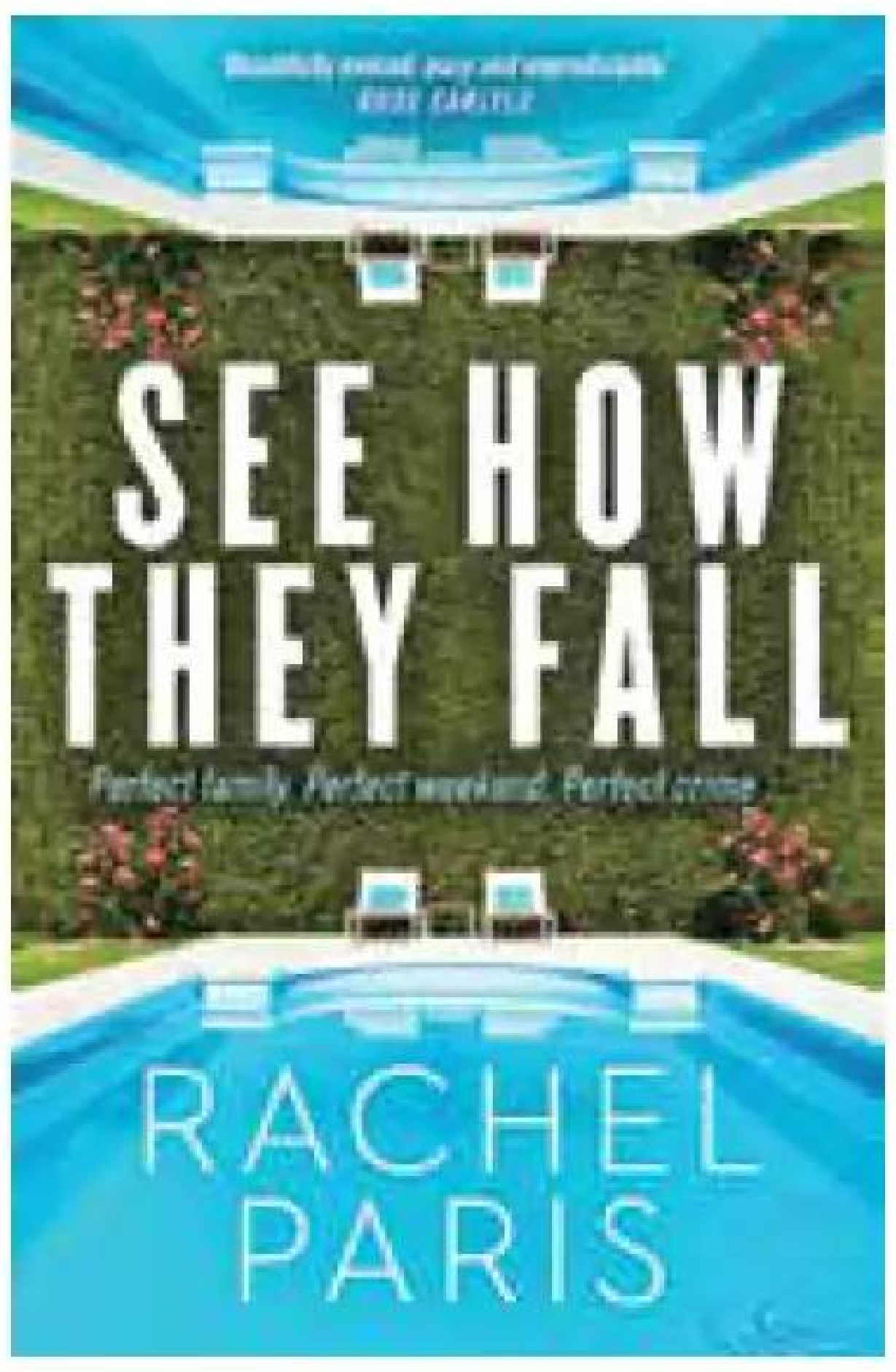


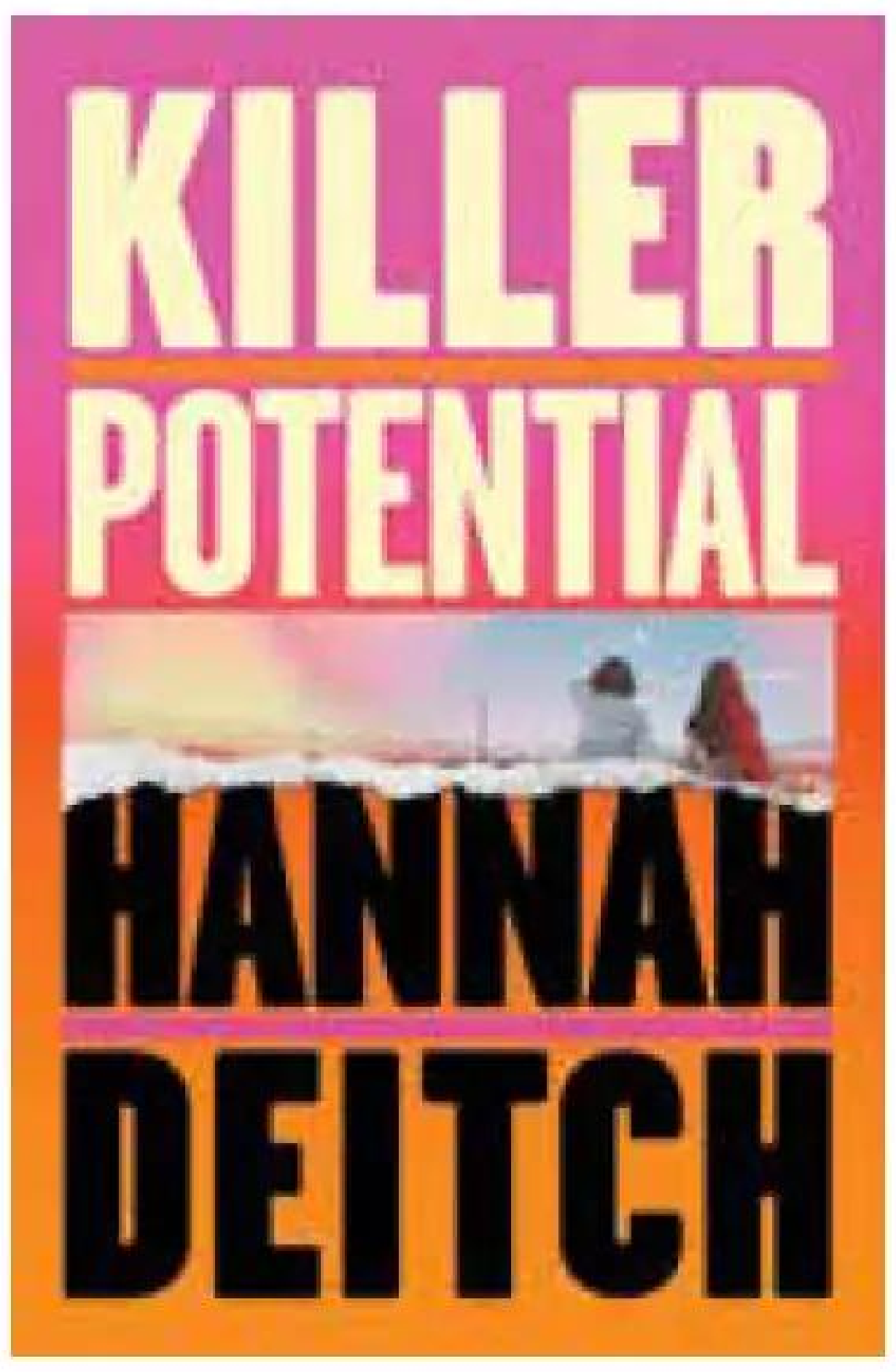
SUPERMAN
Follows the titular superhero as he reconciles his heritage with his human upbringing. He is the embodiment of truth, justice and the human way in a world that views this as old-fashioned.

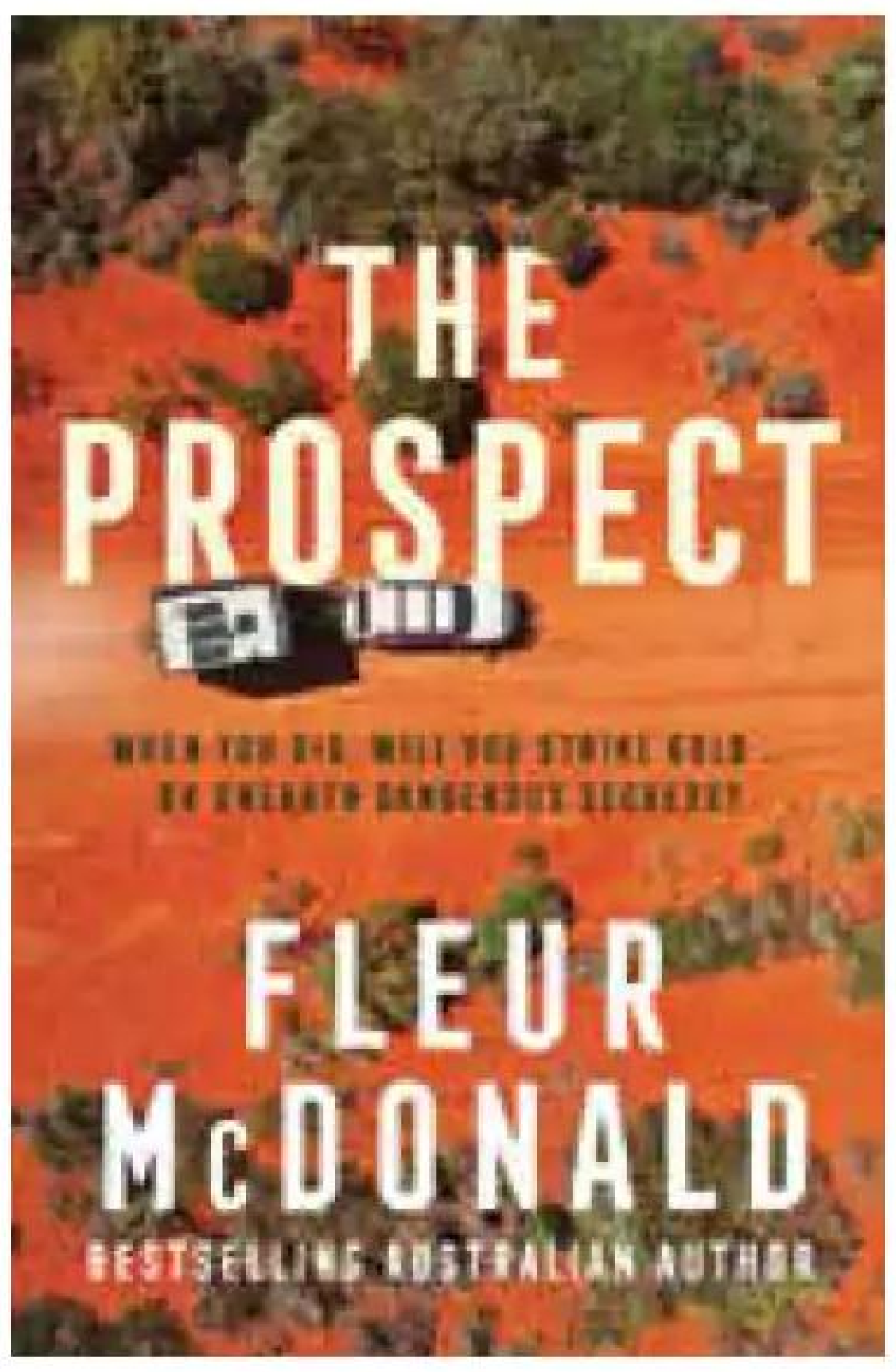
F1
A Formula One driver comes out of retirement to mentor and team with a younger driver.

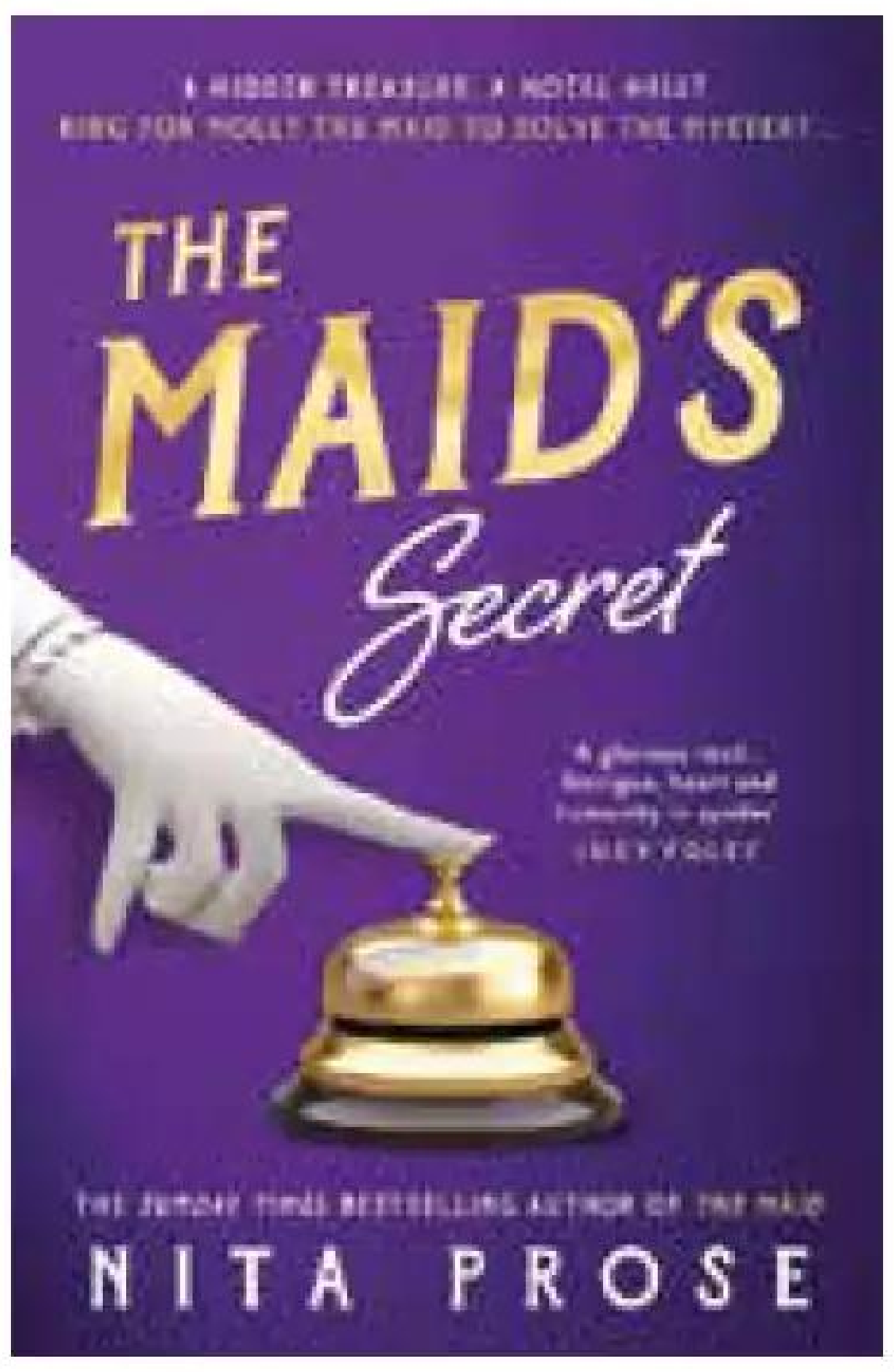
Great reads

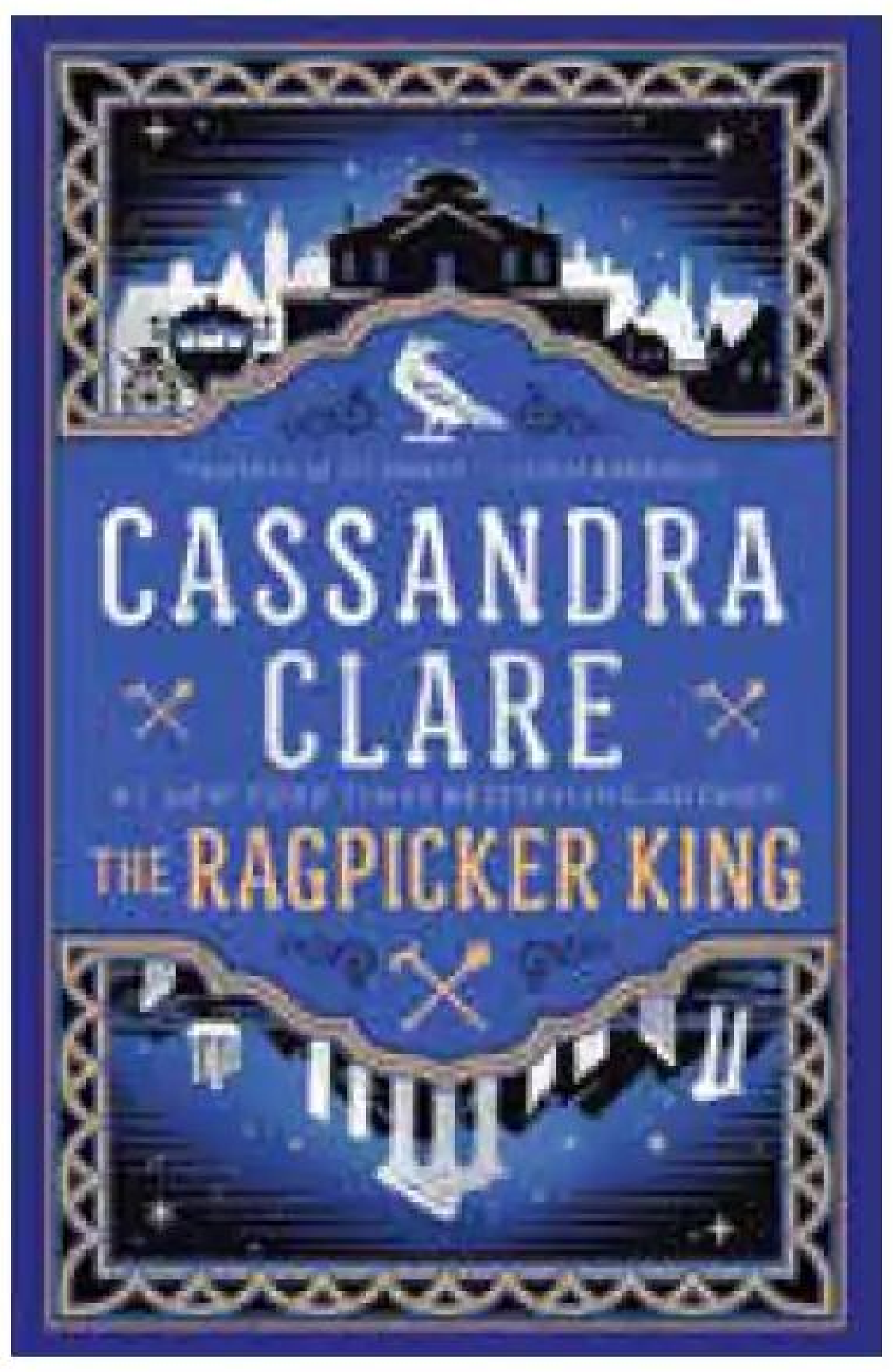
BOOKS THAT YOU CAN ENJOY.











SEE HOW THEY FALL

By Rachel Paris

Stay up all night with this twisting thriller… perfect for fans of Lucy Foley, Liane Moriarty and Ali Lowe.

Turner Corp, a luxury goods empire, has been rocked by the death of its founder. As his three sons gather at the family's opulent estate for a long weekend, tensions rise when an illegitimate heir is introduced - and no one could predict the tragedy that follows.

Skye, who married into the dynasty, is uneasy in her husband's world, hiding her own secrets while trying to maintain a normal life for their six-year-old daughter. The weekend quickly morphs into any parent's worst nightmare, leaving Skye desperate to uncover the truth about the Turner family.

Mei, the detective assigned to the case, is pressured by her superiors to close the investigation swiftly. However, as she begins to unpick the complex web of lies and betrayal, she realizes that pulling at these threads might just bring down an empire.

KILLER POTENTIAL

By Hannah Deitch

A scholarship kid with straight As and massive potential, Evie Gordon always thought she was special, that she'd be someone. But after graduating from an elite university, she finds herself drowning in debt and working as a private tutor to the children of Los Angeles's super-rich.

Everything changes when Evie arrives at the Victor family's lavish mansion for her weekly lesson to discover pure carnage: the bloody remains of Mr and Mrs Victor sullying their beautiful back garden, and a woman crying for help from inside the house.

Within moments, Evie and the woman go from bystanders to suspects to fugitives. Finding herself the target of a nationwide manhunt, Evie sets out on a road trip like no other, accompanied by the mysterious woman, who has quickly become the most important person in Evie's mixed-up life. Meanwhile, the press ran wild with her story: a gifted kid turned killer, a new Charles Manson looking to start a class war.

THE PROSPECT

By Fleur McDonald

After a scandal, investigative reporter Zara Ellison and her partner, policeman Jack Higgins, have moved to Kalgoorlie but they are each struggling with this fresh start. The wild mining town has its own rules, and its inhabitants - drawn by the lure of gold and riches - guard their secrets carefully.

Zara feels adrift in the swirling red dust of the lawless bush city, without sources or any leads for the hard-hitting stories she's known for. Jack is out of the detective squad and trying to find his feet back in uniform.

On an isolated stretch of highway, a pair of grey nomads is involved in a devastating accident which leaves more questions than answers. Zara starts digging for her own kind of gold, while Jack's investigation sends him on a parallel path towards a dangerous smuggling ring.

THE MAID'S SECRET

By Nita Prose

She sees everything behind closed doors at the Regency Grand Hotel: wiping away the dust and grime of guests passing through. But one secret lies much closer to home.

An old trinket – a faux Fabergé egg – is revealed to be a precious antique during an appraisal at the hotel, making Molly a rags-to-riches sensation. But no sooner has the egg shown its value than it's stolen: vanishing without a trace.

Determined to crack the case of the missing Fabergé, Molly begins dusting for clues – uncovering a mystery that stretches deep into the past. For in the pages of a long-forgotten diary, written by her late gran, lie the secrets that could unlock all others – and only Molly holds the key.

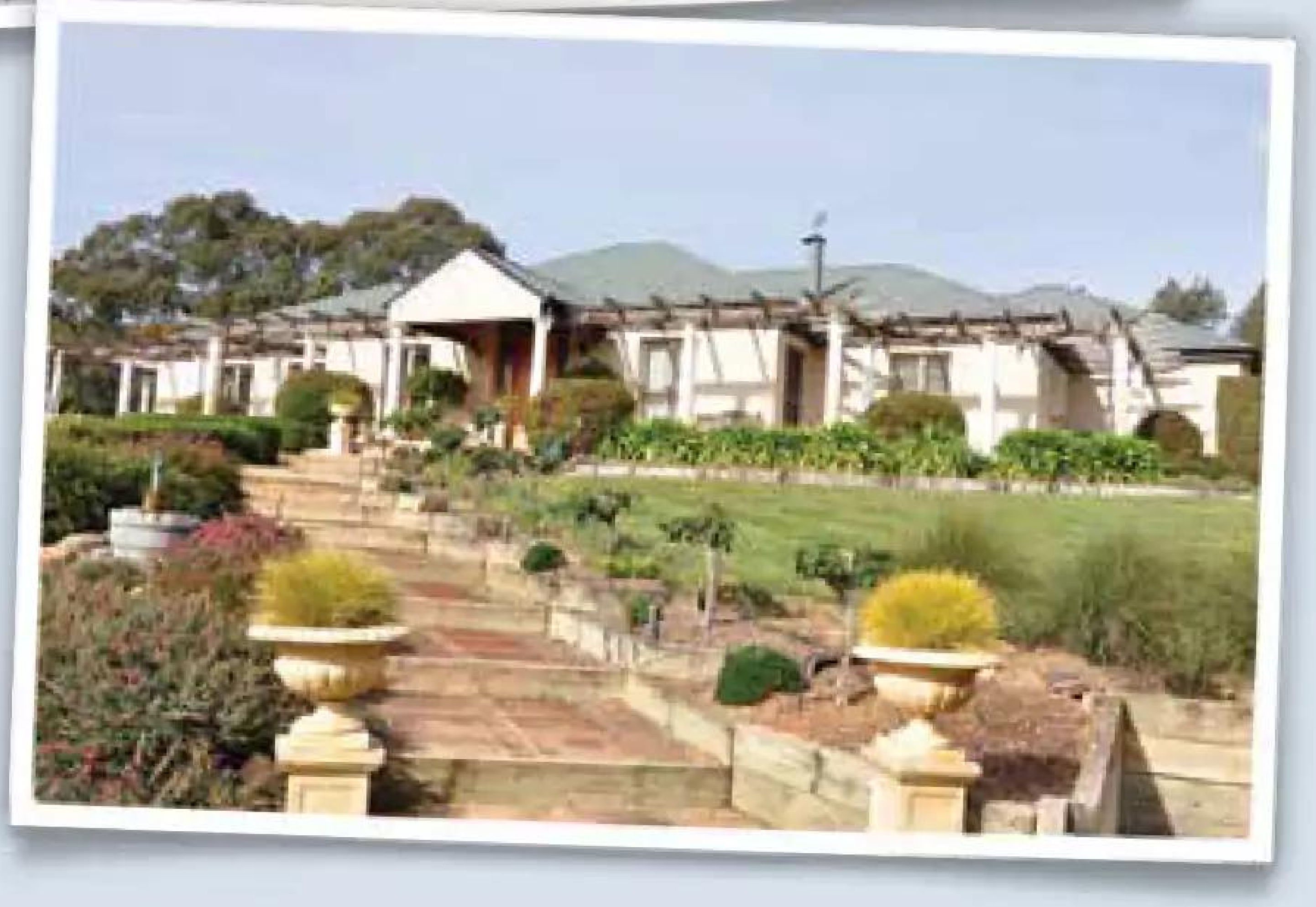
THE RAGPICKER KING

By Cassandra Clare

The royal court is in turmoil, following a massacre. So Kel, Prince Conor's body double, is hunting for traitors. The notorious Ragpicker King, ruler of Castellane's criminal underworld, holds the only clues. But they lead to a dark conspiracy to destroy the royal family – headed by the man set to marry the woman Kel loves.

Lin will be judged, after claiming to be the legendary Goddess Reborn. And her people's charismatic leader is ready to test her powers. Failure will mean exile and only further dangerous deception can save her now.

As the simmering tensions in Castellane reach fever pitch, Prince Conor demands that Lin heal his father's madness. However, the King is tormented by ancient magic, and Lin cannot deny its allure – any more than she can deny her growing passion for the prince. Lin and Kel must decide who they can trust. Yet any false move will mean death – or worse.



"I saw an editorial in Blue Mountains life magazine and showed it to my daughter. Before you know it, she put an offer in for the property.'

Blue Mountainslife Reader

REAL ESTATE ADVERTISING THAT WORKS

Advertising is just one part of the equation. A Blue Mountains *life* editorial home feature will make you stand out from the crowd.

Call us now on

02 9052 4937

to see how we can help

or

www.bluemountainslife.com.au

SUBSCRIBE NOW

to guarantee your copy of

Blue Mountains*life*

BLUE Mountainslife
INCLUDING THE CENTRAL WEST & THE HAWKESBURY-NEPEAN
6 GO-TO RECIPES
INSIDE GUIDE
• FOOD WEEK
• DECKING
• FASHION
BATHURST ARTIST DAVID LAKE
HAWKESBURY NSW PREMIER IN FOCUS
ORANGE MENTORING LOCAL YOUTH
INSPIRING VIEWS

Take advantage of this great offer today!

- + Guarantee your copy delivered to your home or business.
- + You'll never miss an issue.
- + Save on regular cover price.

SUBSCRIPTION FORM

Please tick

☐ Personal Subscription **OR** ☐ Gift Subcription

☐ 1 year (6 issues) $30.00

Ordered by

Mr/Mrs/Ms/Miss……………………………………………………

Address……………………………………………………

Postcode………………Telephone ……………………………………

Email……………………………………………………

Delivery Address ☐as above **OR**

Gift recipients name Mr/Mrs/Ms/Miss……………………………………

Delivery Address……………………………………………………

Postcode………………Telephone ……………………………………

Payment Details

Enclosed cheque of $…………………… payable to Blue Mountains Life

OR charge: ☐American Express ☐Mater Card ☐Visa ☐Diners

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Signature……………………………………………………

Name of Cardholder (as appears on card) ……………………………………

Card Expiry Date …………/…………

Complete this form and return to:

Blue Mountains Life Subscription: PO Box 250, Lithgow NSW, 2790

OR PHONE subscription on (02) 9052 4937

Conditions Apply. See www.bluemountainslife.com.au

BRICK IN THE WALL

How many five letter words can you find reading down the face of our wall? The letters of each word can only read downwards on touching bricks, taking one only from each line.

🟥 B C S 🟥
L R L H
🟥 U A O 🟥
S T V W
🟥 H E N 🟥

© Lovatts Puzzles

ANAGRAM SQUARE

Rearrange the letters in each row to form a word. Write your answers into the blank grid. The first letter from each word, reading down, will spell the mystery keyword.

1	N	O	E	V	M
2	C	A	T	E	N
3	L	A	R	R	U
4	C	R	I	A	V
5	E	T	C	X	A

1					
2					
3					
4					
5					

© Lovatts Puzzles

ANAGRAM THEMED

UNSCRAMBLE the letters of the phrases to make five words relating to the theme, each starting with the given letter. The letters in the shaded squares will spell out another word relating to the theme. This is the mystery keyword.

CHEESE

Riot act	R		🟩						
I hum Lola	H								
Pro on ice	P	🟩							
Hair vat	H		🟩		🟩				
Men at helm	E			🟩					

© Lovatts Puzzles

CODE CRACKER

© Lovatts Publications

Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you two letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked the code fill in the answer in the boxes below.

CLUES

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	Y							N																	

3	8	6	5	1	11	■	17	3	7	17	13	16
7	■	10	■	9	■	2	■	17	■	15	■	10
17	7	13	11	12	■	17	■	5	6	4	7	17
15	■	9	■	8	17	20	11	12	■	8	■	7
12	13	14	19	18	■	■	■	11	19	12	17	3
■	15	■	17	■	16	13	20	■	13	■	12	■
17	20	17	18	19	2	■	17	7	18	12	7	2
8	13	20	■	■	1	13	16	■	■	7	6	12
12	9	18	7	12	12	■	16	21	7	12	11	11
■	14	■	21	■	11	8	2	■	6	■	6	■
4	12	13	14	12	■	■	■	17	16	21	8	18
6	■	9	■	17	7	11	6	9	■	9	■	13
9	13	5	12	7	■	17	■	9	17	18	17	8
12	■	21	■	9	■	20	■	6	■	13	■	12
11	18	7	12	11	11	■	5	2	5	8	12	16

ANSWER:

5	17	5	1	8	12	■	■	■	■	■	■	■

A B C D E F G H I J K L M ~~N~~ O P Q R S T U V W X ~~Y~~ Z

ANAGRAM SQUARE SOLUTION, APRIL/MAY ISSUE

HAIKU, UNDID, MOUND, AROMA, NIECE
Mystery keyword: HUMAN

ANAGRAM THEMED SOLUTION, APRIL/MAY ISSUE

Batsmen, commentary, umpire, partnership, sledging
Mystery keyword: STUMPS

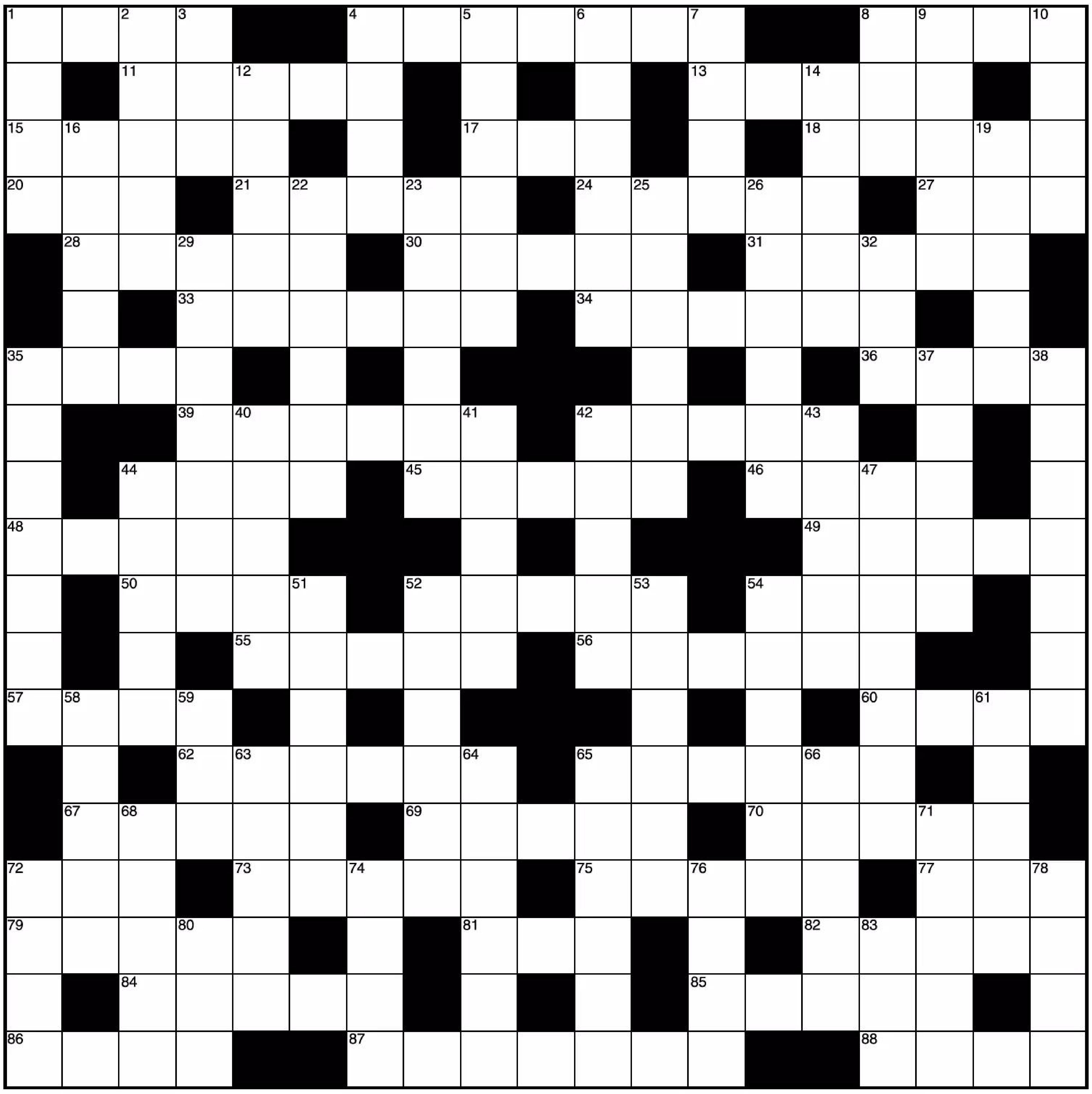
BRICK IN THE WALL SOLUTION, APRIL/MAY ISSUE

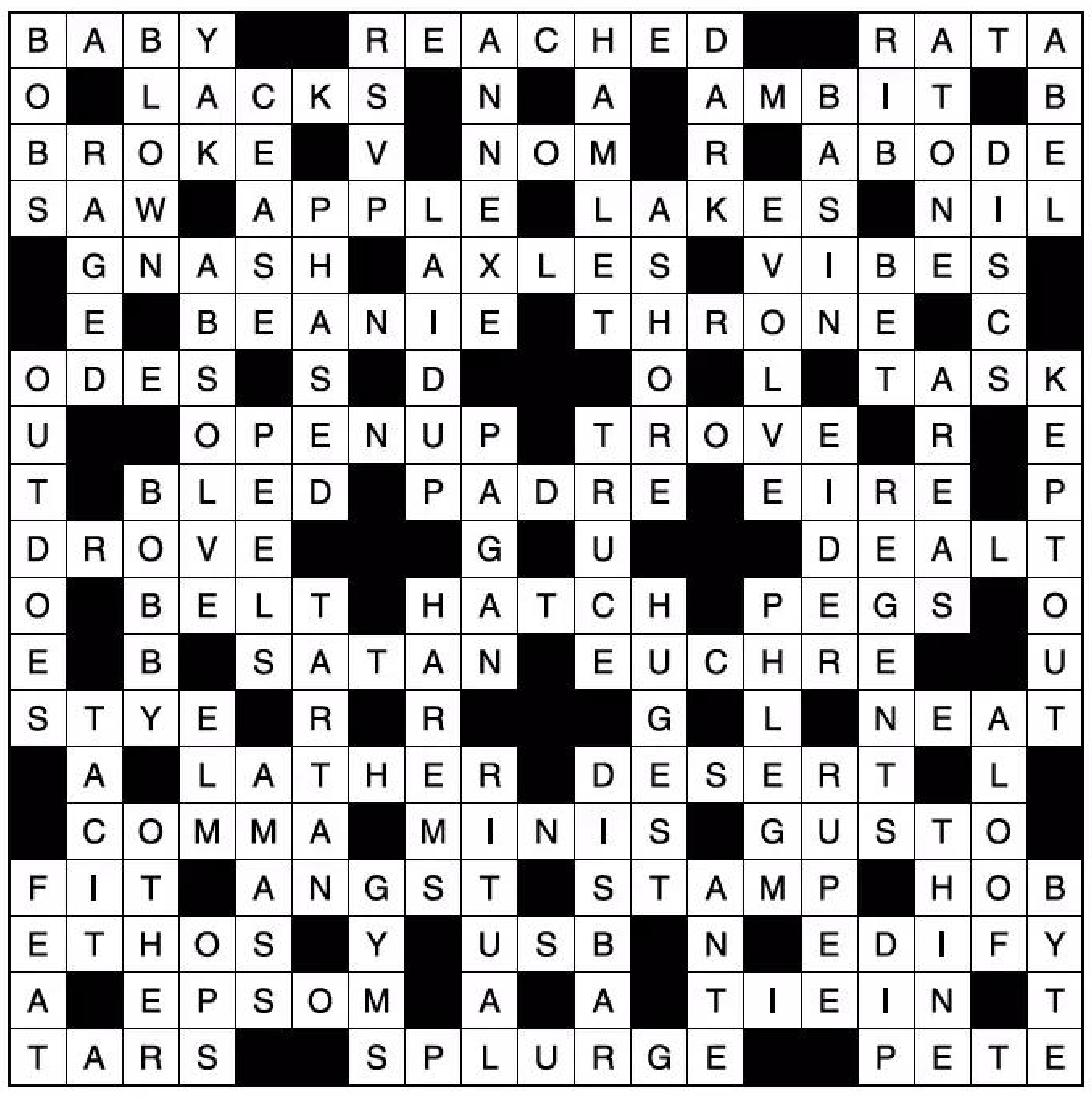
Bland, blank, blind, blink, brand, brute, fluke, flute, frank, slate, slick, slink, stick, stink.

CODE CRACKER SOLUTION, APRIL/MAY ISSUE

A=15, B=13, C=12, D=21, E=7, F=4, G=1, H=3, I=16, K=20, L=18, M=5, N=2, O=19, P=8, R=9, S=11, T=22, U=17, V=10, W=14, Y=6
BYGONE

CROSSWORD





B	A	B	Y	■	■	R	E	A	C	H	E	D	■	■	R	A	T	A
O	■	L	A	C	K	S	■	N	■	A	■	A	M	B	I	T	■	B
B	R	O	K	E	■	V	■	N	O	M	■	R	■	A	B	O	D	E
S	A	W	■	A	P	P	L	E	■	L	A	K	E	S	■	N	I	L
■	G	N	A	S	H	■	A	X	L	E	S	■	V	I	B	E	S	■
■	E	■	B	E	A	N	I	E	■	T	H	R	O	N	E	■	C	■
O	D	E	S	■	S	■	D	■	■	■	O	■	L	■	T	A	S	K
U	■	■	O	P	E	N	U	P	■	T	R	O	V	E	■	R	■	E
T	■	B	L	E	D	■	P	A	D	R	E	■	E	I	R	E	■	P
D	R	O	V	E	■	■	■	G	■	U	■	■	■	D	E	A	L	T
O	■	B	E	L	T	■	H	A	T	C	H	■	P	E	G	S	■	O
E	■	B	■	S	A	T	A	N	■	E	U	C	H	R	E	■	■	U
S	T	Y	E	■	R	■	R	■	■	■	G	■	L	■	N	E	A	T
■	A	■	L	A	T	H	E	R	■	D	E	S	E	R	T	■	L	■
■	C	O	M	M	A	■	M	I	N	I	S	■	G	U	S	T	O	■
F	I	T	■	A	N	G	S	T	■	S	T	A	M	P	■	H	O	B
E	T	H	O	S	■	Y	■	U	S	B	■	N	■	E	D	I	F	Y
A	■	E	P	S	O	M	■	A	■	A	■	T	I	E	I	N	■	T
T	A	R	S	■	■	S	P	L	U	R	G	E	■	■	P	E	T	E

APRIL/MAY 2025

ACROSS

1. Uncouth boys
4. Luggage
8. Washtub
11. Hillbilly
13. Pier
15. Resort, Monte ...
17. Play truant
18. Pangs
20. Bustle
21. Know-all, smart ...
24. Failure
27. Sharp knock
28. Aunt's husband
30. Rebuff
31. Evil habits
33. Yelped
34. Racy
35. Mediterranean volcano
36. Personal identity
39. Braced (oneself)
42. Warning sound
44. Rock concerts
45. Greek letter
46. Marsupial pouches
48. Grumpy
49. Light purple
50. Cried
52. Baptismal bowls
54. Bazaar
55. Lion trainer
56. Inserts
57. Long elephant tooth
60. Candidates' assessment
62. Intertwine
65. Tottery
67. Narrow open boat
69. Moral principle
70. Clingy person
72. Ruminant's food
73. Rubbish
75. Nagging woman
77. Steal from
79. Early anaesthetic
81. Exist
82. Render accustomed
84. Unconcealed
85. Ten Commandments prophet
86. Lingerie trim
87. Sovereign's rod
88. Dull crash

DOWN

1. Young Men's Christian Association (1,1,1,1)
2. Romantic poet, Lord ...
3. Spanish coast, Costa del ...
4. Primary colour
5. Goggled
6. Trout-river sportsman
7. Rams' mates
8. Brassiere
9. In flames
10. Padlock clasp
12. Gumleaf-eating animal
14. ... Fools' Day
16. Fully-grown
19. Of the nose
22. Pariahs
23. Manned (ship)
25. Grease star, ... Newton-John
26. Dodges (duty)
29. Poisonous salt
32. Music albums (1,2)
35. Cooker ring
37. Occur next
38. Upper limb section
40. Tutankhamen's land
41. Interior design
42. Proclaim
43. Called
44. Dresses
47. Highway reflector
51. Loftier
52. Barriers
53. Kiss
54. Weak
58. Intact
59. Doll couple, Barbie and ...
61. Hate
63. Cathedral, ... Dame
64. Petroleum component
65. Most sagacious
66. Singer, Jerry Lee ...
68. For a specific purpose (2,3)
71. Squash
72. Prisoner's quarters
74. Picnic pests
76. Italy's capital
78. Droplet
80. Brink
83. Amount after deductions

SUBSCRIBE NOW

to guarantee your copy of

Blue Mountains*life*

+ Guarantee your copy delivered to your home or business.
+ You'll never miss an issue.
+ Save on regular cover price.

RONALD BOWDEN PHOTOGRAPHY

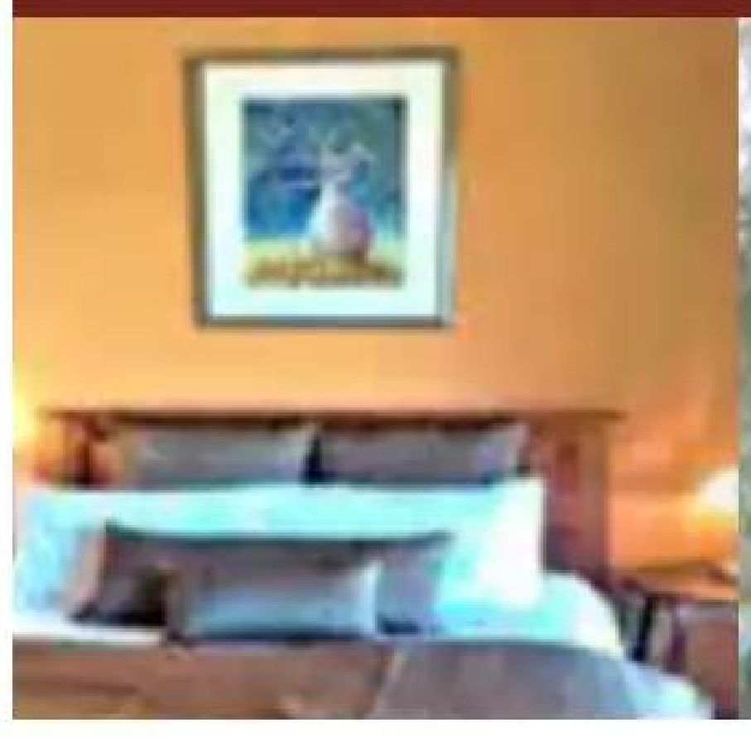
Covering the Central West & Surrounding Areas of Orange

✦ Weddings ✦ Formals
✦ Social Events ✦ Family Portraits

Ph: 02 6361 7978 Mobile: 0432 456 221
Email: focuspoint8@dodo.com.au

Wallaby Way

LITTLE HARTLEY NSW



B&B Accommodation

2 bedroom home
4 acres of garden
Close to Three Sisters &
Jenolan Caves

Scan for details

bp&d

BOUTIQUE PHOTOS, FACE PAINTING AND DESIGN

Diana Smith

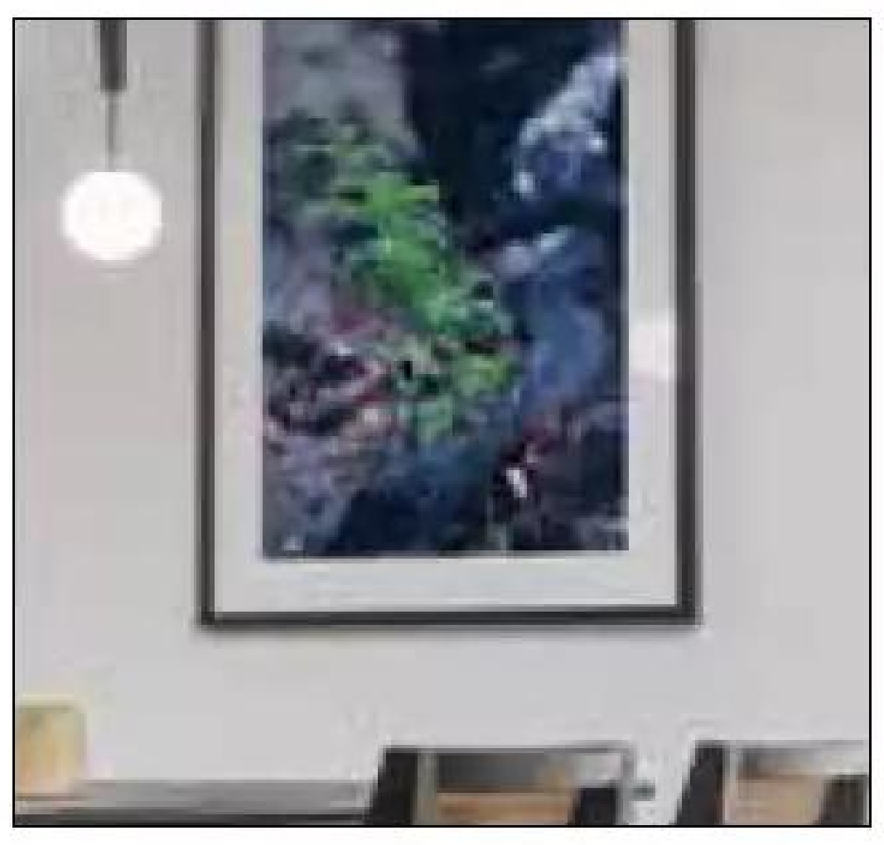
BOUTIQUE PHOTOS, FACE PAINTING AND DESIGN

Book now 0419 267 499

Book design, typesetting, covers and photography:

'I used Boutique Photos and Design for the final editing, cover design and layout of illustrations for my book. The results have been a book going to print as an outstanding presentation. Thank you Diana. I will be approaching you to work on my next book due out soon.'

Michael Rhodes, historian and maritime author:
Duncan Dunbar and the Age of Sail
www.michaelrhodesbooks.com



PLUS Fine Art original photo prints - **Blue Mountains Botanicals**

All enquiries: #DianaSmithBPD

Aussie Wentworth Falls brings you Mortgage Intelligence™

Mortgage Intelligence – it could save you time and money

Since 1992, our mortgage brokers have helped over half a million Australians finance their homes.

Using Aussie's unique loan comparison software, we can search through hundreds of loans from 16 different lenders – including the major banks.

We call it Mortgage Intelligence and you can only get it from Aussie.

It's free to make an appointment, so try our Mortgage Intelligence for yourself.

Call Barry Joyce
0449 954 496
aussie.com.au/wentworthfalls

Aussie

Renew & CRUISE

WITH ROYAL CARIBBEAN

SET SAIL WITH A MEMBERSHIP THAT *Rewards you!*

ANTHEM OF THE SEAS
Royal Caribbean

IT'S TIME TO JOIN, RENEW OR UPDATE

YOUR MEMBERSHIP FOR YOUR **CHANCE TO UNZIP & WIN**

1 OF 10 *Exciting* TWIN SHARE CRUISES

DRAWN SATURDAY 2ND AUGUST FROM 6:30PM

KEEP YOUR ENTRY SAFE AND BRING IT ALONG ON THE DAY, PLACE IT INTO THE BARREL AT RECEPTION &

YOU'RE IN THE DRAW TO WIN!

Renewal period is from 10am Friday 30th May 2025 - 11:59pm Thursday 31st July 2025. Entries must be placed in the barrel at reception between 9am and 6:15pm on Saturday 2nd August 2025. Draw starts at 6:30pm. Lost or stolen entry tickets will not be replaced. Winners must be present & have 4 minutes to claim their prize. Prize pool based on sale value on T&Cs. Authorised under NSW Authority No TP/00966 NTP/13245. See website for full terms and conditions.

These great offers
WILL BE AUTOMATICALLY LOADED ONTO YOUR **NEW 2025 MEMBERSHIP CARD**

WATERSTONE GRILL
CASUAL DINING

Buy one main meal & get 50% off the 2nd meal

SIGNATURES
BUFFET

Buy one buffet meal & get 50% off the 2nd buffet meal

MILLYS
COFFEE & GOOD STUFF

A slice of cake & large coffee or tea for only $12

SAINTS SPORTS OR IRONBARK TERRACE

Buy one burger or pizza & get 50% off the second burger or pizza

TOTAL PRIZE POOL*

$33,660

*Vouchers for one time use only and expire on 31/08/2025. Cannot be used in conjunction with any other offer, special or discount. Valid 2025/2026 membership card must be presented. For full terms and conditions see our website.

PEUGEOT
3008
3008 HYBRID

www.peugeot.com.au